

PinPointe™ FootLaser™ Post-treatment Instructions

Follow-up care is important to the success of your FootLaser treatment. Most of the products are sold in our clinic or the online shop at www.lasernailtherapy.com Please keep these instructions for future reference.

1. We strongly recommend purchasing Laser Nail Therapy post treatment care package. **Please understand that only if you purchase our post treatment care package, the cost for touch ups/re-treatments will be \$160 for each foot.** Our products:
 - **Laser Nail Therapy Antifungal Solution.** Apply the solution on your nails in the morning and evening. This will create a barrier around the nail to protect the nail from future fungal infections (similar to the way toothpaste prevents cavities by acting as a barrier around the teeth; and just like toothpaste we recommend using it twice daily indefinitely).
 - **Laser Nail Therapy Antifungal Shoe Spray.** Spray the insides of your shoes with an antifungal spray at the end of each day. Try not to wear the same shoes every day. The sprays we sell in our clinics are recommended by our doctors.
 - **Antifungal Cream.** This cream is not intended for use on your nails. Apply the cream to the skin on the bottom of your feet, sides of your feet, between your toes, and around your nails. Apply 2 times a day for 2 weeks; after 2 weeks, apply as instructed by your doctor.
2. Normal activity can resume immediately.
3. Avoid using nail polish. If it can't be avoided, use **Antifungal Nail polish.**
4. Buy new nail clippers and files since your current pair may be infected. Metal nail care instruments may also be cleaned with diluted bleach or boiling water. Keep your toenails trimmed and clean. If necessary, have your toenails cut for you every 3 to 4 weeks.
5. Wear flip-flops in public places, especially hotel rooms and showers, athletic club locker rooms and showers, and indoor swimming pools.
6. Avoid nail salons that do not clean instruments properly. Throw away old nail polish – you want to replace nail instruments that have been used while nails were infected.

Follow-up appointment month: _____

Please call 800-672-0625 one week before the appointment date to schedule exact time

www.lasernailtherapy.com