

Treatment Information

Antifungal Laser Nail Therapy

Toenail fungus, also called onychomycosis (pronounced: on ee ko my ko sis), affects 50% of all Americans over 40. An infection of nail fungus occurs when fungi infect one or more of your nails. A nail fungus infection may begin as a white, yellow or green spot under the tip of your fingernail or toenail. As the nail fungus spreads deeper into your nail, it may cause your nail to discolor, thicken and develop crumbling edges- an unsightly and potentially painful problem.

Until now, there have been only two treatment options:

- Over the counter topical treatments (8% effectiveness)
- Prescription oral medication (50% effectiveness); potential side effects must be managed with blood tests

PURE offers a new cutting edge laser therapy that is 88% effective in just one to two treatments, and it is nearly painless and side effect free. A new nail will grow free of infection, slowly replacing the infected portion of your nail in 9-12 months. To ensure proper treatment, it's important to first be diagnosed with nail fungus by your medical provider.

To help prevent nail fungus and reduce recurrent infections:

- Keep nails short, dry and clean. Trim nails straight across and file down thickened areas. Thoroughly dry your hands and feet, including between your toes, after bathing.
- Wear appropriate socks. Synthetic socks that wick away moisture may keep your feet dryer than do cotton or wool socks (you can also wear synthetic socks underneath other socks). Change them often, especially if your feet sweat excessively. Take your shoes off occasionally during the day and after exercise. Alternate closed-toe shoes with open-toed shoes.
- To avoid re-occurrence, it is recommended that previously used items, such as shoes, bed sheets and bath mats, be treated with an over the counter anti-fungal spray.
- Use an antifungal spray or powder. Spray or sprinkle your feet and the insides of your shoes.
- Don't trim or pick at the skin around your nails. This may give germs access to your skin and nails.
- Don't go barefoot in public places. Wear shoes around public pools, showers and locker rooms.
- Choose a reputable manicure and pedicure salon. Make sure the salon sterilizes its instruments.
- Give up nail polish and artificial nails. Although it may be tempting to hide nail fungal infections under a coat of pretty polish, this can trap unwanted moisture and worsen the infection.
- Wash your hands after touching an infected nail. Nail fungus can spread from nail to nail.