



Treatment Plan for Onychomycosis (Nail Fungus)

Pre-Treatment Care

- **Remove all nail polish before your treatment**
- Trim nails
- All nails will be treated during each session
- There will be three treatment sessions scheduled 4 weeks apart

Post-Treatment Care

- Use an anti-fungal spray daily in the morning before putting on footwear
- Dry feet thoroughly before putting on socks and shoes
- Wear flip-flops in gym shower areas and pool areas
- Leave nails open to the air as much as possible
- Apply Vicks Vapor Rub (known in stores as **Vicks VapoRub**) daily to each nail plate, over the top of the toes, down onto the bottom pad of the foot
- Apply to each nail plate, continuing all the way around the top of the toes to the bottom of the foot pad
- Polish may be applied to nails two weeks after your treatment, but must be removed before your next treatment



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