

## **Pre-Treatment Instructions**

- Remove all nail polish and nail coatings prior to your appointment
  - Trim nails short and file down thickened areas if possible
  - Arrive with clean, dry feet
  - Bring clean socks to wear after treatment
  - Continue any prescribed topical treatments unless otherwise directed
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## **Post-Treatment Instructions**

- No downtime—resume normal activities immediately
  - Keep feet clean and dry
  - Change socks daily and wear breathable footwear
  - Disinfect shoes regularly to prevent reinfection
  - Avoid nail polish for at least 24–48 hours
  - Continue antifungal topicals if recommended
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## **What to Expect**

- No immediate visible change to the nail
- Visible results may take several months
- Improvement occurs gradually as healthy nail grows in
- This process can take several months depending on nail growth
- Consistent treatments and home care are essential for success

Instructions are tailored to each treatment and should be followed carefully to ensure the best possible outcome.

For any questions please do not hesitate to call or text: (561) 255-0272