

## **FUNGAL NAIL/SKIN SOAKING INSTRUCTIONS**

- Prepare a solution by mixing one cup of distilled (white) vinegar to three cups of lukewarm (not hot) water (25% concentration). Soak the affected area for 20 minutes for a minimum of one time per day or twice a day as needed. Make sure to dry your feet thoroughly after soaking.
- Stop soaking if you notice any burning or irritation. If the redness and pain does not decrease within 48 hours, call the office and come in ASAP.
- Change shoes daily. Never wear the same shoe 2 days in a row.
- Change your socks every day and use Poly blend material in the socks such as Nylon mixed with Cotton, avoid 100% cotton socks.
- Use the prescribed topical cream on the skin twice a day and the solution on the toe nails once a day for a minimum of 6 months to a year until the toenail grows out completely and/or the nails are free of fungus and look clear.
- You can alternately use Vicks Vapor in addition to the prescribed nail solution twice a day (nail solution in the morning, Vicks at night), or use Vicks by itself twice a day.
- Make sure to apply the topical nail medication and/or Vicks Vapor Rub to the entire nail and the surrounding skin.
- After application of solution to your nails allow 5 minutes for solution to dry prior to wearing your socks and/or shoes, you do not need to cover your nails with anything.
- File your nails using an Emery Board and/or Nail Filer once a week, if you have thick nails make sure to file your nails enough to make them as thin as possible for the topical medication to penetrate deep into the nail.
- After filing your nails once a week, cleanse the nails by wiping all the debris away from the nail surface and surrounding skin area using a cotton ball saturated with rubbing alcohol.
- Keep in mind that topical solutions have a success rate of 30-50% and there is a chance that your fungus will not be cured, but by following these instructions it will improve and/or prevent your fungus from becoming worse.