



Dr. Edward Lang
Surgery of the Foot and Ankle

PINPOINTE FOOTLASER PRE- AND POST-PROCEDURE INSTRUCTIONS AND CARE

Congratulations on your investment in clear, fungus-free nails! Because fungi spread easily, it is important to wear new shoes after the procedure and then to sanitize your shoes and home as thoroughly as possible to reduce the risk of further contamination.

Before the Procedure

Please bring a new, clean pair of flip-flops with you to your appointment. Since you are getting rid of the fungal infection from your feet, it is important for you to walk out of the office in shoes that are not infected.

After the Procedure

After your laser treatment, you will be required to purchase the following three products from our office:

1. **Formula 3 Anti-Fungal Nail Conditioner.** Twice a day, you will use this therapeutic and fungus-fighting oil to condition treated nails. The product forms a barrier of protection on all nails to help prevent reinfection. NOPA sells this for \$45 per bottle. One bottle is usually sufficient for 3-4 months of use.
2. **Fungi Foam.** Use this as directed to eradicate any fungus living on your feet that could spread fungal spores and reinfect your nails. NOPA sells this for \$25 per bottle.
3. **Clean Sweep Shoe Sanitizer.** Spray this into all of your shoes to eradicate fungi living in them. After use, you must let your shoes sit and dry for at least 24 hours. It is important to continue to use this product to keep your shoes free of fungi. NOPA sells this for \$15 per bottle.

*If you buy all three of the above products at once, NOPA can offer them to you for the price of \$75, a \$10 savings compared to buying them individually. Using all three of these proven-effective products as prescribed will help you protect your investment in clear, fungus-free nails.

An optional recommendation is the purchase and use of a **SteriShoe Ultraviolet Shoe Sanitizer**, available from our office for \$129.95. It is a lamp that safely and effectively sanitizes the insides of your shoes by using germicidal UV light, and it kills bacteria and fungi within 45 minutes of use per shoe. There is no other shoe sanitizer that has received the American Podiatric Medical Association's Seal of Acceptance.

Please note that you must remove all removable shoe inserts before using the Clean Sweep spray and before using the SteriShoe lamp. Please dispose of the old, infected shoe inserts and replace them with new, over-the-counter shoe inserts after you have completed the treatment.

You should discard all previously used nail polish, nail files, and pumice stones. Nail clippers you previously used on infected nails should be sanitized in alcohol before using them on treated nails. To prevent future fungal infections, we do not recommend patronizing nail salons.

Follow-Up Appointment

We will see you for a complimentary visit three months after the treatment. NOPA physicians will want to check your progress and decide if any nail has become reinfected with a fungus, which could require a quick, touch-up treatment with the laser. New nail growth takes time, and it will take 3-6 months before you see your new, clear, fungus-free nail growing out from your nail bed.

In order to protect your investment and to better achieve optimal results, we highly recommend you keep your follow-up appointment.

Re-treatment is rarely needed if you comply with our post-care measures. We usually offer touch-up treatment at a significantly discounted rate if we note a problem immediately. Please contact our office if you see any changes in the color or condition of your new nail growth, as early intervention is the key to limiting the spread of fungi.

Keeping Your Home Free of Fungi

In order to significantly decrease the number of fungal spores in your home, NOPA endorses the following methods and treatments:

1. Clean your shower and bathroom floor with hot water and a product that is safe for your bathroom tiles. For porcelain tiles, you should use Lysol Liquid Concentrate as instructed on the bottle. For natural stone, you should use hot water and Method or Marble Life shower cleaner.
2. Vacuum your carpets several times on the deepest setting possible.
3. Wash all socks, linens, towels, and comforters with a capful of Lysol Liquid Concentrate in your wash every time you wash for the next six weeks.
4. Wash all white laundry in hot water. Add bleach during the wash cycle.
5. If someone else in the home also has fungal nails, it is important for you to wear clean shower shoes throughout the house, particularly in the bathroom and shower.

If you follow these steps regularly, you will greatly reduce the risk of suffering from fungal nails again.

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