

A GUIDE TO UNDERSTANDING LASER TREATMENT FOR TOE & FINGER NAIL FUNGUS

How does the laser work?

Prior to treatment, your toenails and feet need to be clean. **The laser beam passes through the nail and attacks the fungus without damage to the nail or the surrounding area. Laser treatment encourages healthy cell growth.** Filing down the nail as much as possible makes the laser treatment even more effective. The nail does not immediately look normal and clear. Toenails grow at the rate of one millimeter a month so it requires time for the affected area to grow out and the whole nail to look fully healthy again. **Most patients show visible improvement after the first two to four weeks.**

Maria's Advice:

Remember to observe your feet. Do not let a fungus infection affect the quality of your life again. The health of your body rests on your feet.



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What causes nail infection?

Everyone is at risk for infection because fungus is present everywhere in the environment. Common sources of infection include swimming pools, public showers, gyms, and nail spas. **Fungus thrives in a warm, moist, and dark environment.** Nail traumas, such as cuts, burns, scars, tight fitting shoes, genetic susceptibility, poor health, an impaired immune system, and growing older are all factors that increase the risk of nail infection.

What are the advantages of laser treatment compared to traditional treatments?

Compared to **oral drugs**, laser treatment is less invasive and does not have side effects. Compared to **topical drugs**, laser treatment is faster acting and more effective.

Will the fungus come back?

Your nail infection should improve following treatment. You should continue with regular and thorough foot care maintenance to reduce recurrence of the infection. **There is a chance of re-infection** because fungus spores are present everywhere.

Maria Krieg offers Foot Care as well as Massage Therapy.

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NEW LASER TREATMENT FOR FUNGUS AND HEALTHY NAIL GROWTH

Maria Krieg, a Registered Massage Therapist (RMT), likes to share information about the causes of nail infections and the great success she has had using laser technology for the treatment of toenail fungus.



WHAT TO EXPECT FROM LASER TREATMENT FOR TOE & FINGER NAIL FUNGUS

Session Time of Treatment	A single treatment session takes approximately 10-20 minutes . Treatment times will vary according to the nature of the infection .
Number of Treatments	Most patients show improvement after the first two to four weeks . The required number of treatments will depend on the severity of the infection.
Before the Treatment	It is important to remove all nail polish and decorations the day before the treatment.
During the Treatment	The laser penetrates the nail, attacking the destructive fungus that causes the infection and revitalizing your nail as it grows out. The laser does not destroy the nail, nail bed, matrix, nail wall, or the surrounding tissues. Most patients describe the treatment as being comfortable and slightly warm. Most patients' do not report side effects.
After the Treatment	Immediately following the treatment, your nail may feel warm for a few minutes. The majority of patients can resume normal activities immediately. No medication is needed, natural remedies are complementary.

SYMPTOMS OF NAIL FUNGUS

- Discolored nails or yellow/white streaks in the nail
- Thickened & deformed nails
- Brittle, crumbly, ragged nails
- Nails separated from the nail bed
- Debris built up under the nail

Many people feel embarrassed about their unsightly nails and hide them under polish or in socks and shoes. **The danger is that an untreated fungus will spread** to your healthy nails and infect those of close friends and family.



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