



Laser Away Your Toenail Fungus!



WRITTEN BY:
DR. IRINA TSYGANOVA

Nail fungus is becoming more common in the U.S. According to the Department of Health and Human Services, more than 35 million people in the United States get nail fungus. The fungus lives underneath the nail because the nail provides a safe, dark, damp place that actually protects the fungus while it grows.

Nail fungus is more than a cosmetic problem. It can be painful and interfere with daily activities such as walking or playing sports.

There is now a new option for treatment that includes a painless laser procedure to kill the fungus in the toenail with usually one treatment! And is 80-88% effective! Think about it, one 20 minute treatment by a painless laser and 6 to 9 months later, the toenails have grown out normal! Too bad we can't figure out how to make them grow faster! The laser has given us a much better treatment option for eradicating toenail fungus. Unfortunately most insurance companies deem it cosmetic so they don't cover it, but if you think about all the hassles, copays and the risk of side effects; the toenail laser looks like the best option for most patients.

How does the laser work?

This laser is designed to shine through your toenail and destroy the specific pathogens embedded in and under your nail causing the infection. The laser operates in the very tight spectrum of near infra red light, safely destroying the fungi, molds and yeasts that often cause onychomycosis.

Is this laser painful?

The gentle laser light beam has no effect on healthy tissue. There is no discomfort associated with the treatment during or after. This treatment does not harm or affect your activity in any way.

Is this treatment safe?

There are no age or health restrictions or limitations. In clinical studies there have been no adverse reactions, injuries, disabilities or known side effects. As you may know, the use of the medication available today for treatment of fungus toenails, carries with it possible systemic involvement (commonly the liver and kidney). This laser does not! The laser is safe for nursing mothers and patients on blood thinners.

Does my insurance pay for this?

Because this treatment is considered aesthetic (cosmetic), health insurance plans do not cover this treatment. We accept major credit cards and bank checks. We also offer an interest free 3 month payment plan.

How Much Does It Cost?

The laser treatment is applied to all of the toenails on both feet, even the ones that appear uninfected. This reduces the chance of re-infection and takes about 20

minutes. The treatment fee is \$400. If the infection is resistant or has not responded with normal nail growth, the nails may need another laser treatment. This often occurs when all ten nails are severely infected. An additional treatment within the first six months is free.

What Should I Expect at My Laser Treatment?

The consultation is usually just a short visit with the doctor to diagnoses whether or not you actually have toenail fungus and to discuss treatment options.

If you decide that laser therapy is for you, the procedure can often be performed that day. In order for this to be available for you, you must remove your toenail polish at least 24 hours in advance and wash your feet thoroughly prior to coming for your consultation. (Toenail polish remover is flammable and can cause sparking from the laser which can harm your toes!)

You can resume normal activity right after the therapy. Toenail polish can be applied immediately, but it is recommended to take a two week polish holiday if you can.

And After My Laser Treatment?

You can also choose to have a KeryFlex application after the laser treatment **FREE** of charge (\$125 value). KeryFlex is a nail reconstruction system that uses polymer resins and special activators to create a durable, yet flexible artificial nail when exposed to a certain frequency of ultraviolet light. KeryFlex is available only through a properly trained podiatrist, who can complete the application of the product. This is a medical grade product and **NOT** available in nail salons. The new toenail looks very natural and it's hard to tell the new nail apart from the other nails.



BEFORE KeryFlex application



Dramatic results
AFTER KeryFlex application

How can I prevent recurrent toenail fungus?

1. If you get regular pedicures, bring your own instruments or go to a spa that sterilizes their instruments in an autoclave.
2. Clean your toenail clippers with alcohol before you use them if you do your own toenails.
3. We also recommend you regularly clean your shoes with an antifungal like Mycomist (we carry this product in our office) at least once a week and dry them with a hairdryer.
4. Changing socks regularly (even a few times a day if you have sweaty feet) and keeping your feet clean and dry is also helpful.
5. Keep your athletic shoes dry and also change them regularly. If you exercise regularly, buy your athletic shoes a half size larger than your street shoes so you won't bash your toenails as your feet swell with exercise.

❖ *Don't let your nail fungus go untreated, educate yourself on your options and consult with your doctor.*



Every woman wants feet she can feel proud of. Get ready for sandle weather by visiting Foot and Ankle Center to evaluate your foot care needs. Call 609-272-1450 to setup your appointment.



FOOT & ANKLE CENTER

(609) 272-1450

We explore non-surgical options before recommending surgery

- Diabetic Foot Care & Ulcers
- Heel Pain & Spurs
- Nail Fungus
- Bunions & Hammertoe
- Corns and Calluses
- Permanent Correction of Ingrown Toenails
- Sports Injuries
- Plantar Warts and Neuromas
- Painful Flat Foot

SHOCK
WAVE
THERAPY
FOR HEEL
PAIN

House Calls!!

DIABETIC SHOES - NO COST TO PATIENTS*

* Call For Details

3069 ENGLISH CREEK AVE.
PROVIDENCE PROFESSIONAL PARK • EGG HARBOR TWP

FREE

Application Of Revolutionary New
Keryflex Nail Reconstruction System
With Laser Nail Fungus Treatment
\$125 Value