



Felstead Foot & Ear Care



Post Treatment Advice

The Lacuna Method is not a short-term treatment, unfortunately there is no quick fix for fungal nail infections, and it can take 18 months for a toenail infection to grow out completely.

Additionally, studies suggest that in about 1 in 4 cases where the infection has been cleared from the nail, the infection returns within three years, unless you maintain your new foot care regime.

In order to improve treatment outcomes and prevent recurrence follow the advice below:

- Foot hygiene is essential, wash your feet well at least once a day and dry carefully especially in-between the toes
- Spray the affected toenail(s) 1-2 times daily with Lamisil® AT 1% Spray for at least six months. However, it could take as long as 18 months
- We strongly advise against cutting your own toenails during the treatment period. Instead, please return to the Foot Health Practitioner every 6-8 weeks to have the progress assessed, the nails trimmed and further holes drilled as necessary
- Keep the feet cool and dry as far as possible
- Avoid sharing towels, socks and shoes
- Consider replacing old footwear as this could be contaminated with fungal spores
- Wear flip-flops in public places, such as communal showers
- Wear mixed/blended socks and change them every day, replace often
- Maintain and improve chronic health conditions (e.g. controlling diabetes, quitting smoking, etc.)
- Wear breathable footwear where possible
- No nail varnish should be worn for the duration of the treatment
- Rotate footwear and wear properly fitted shoes with a wide toe box to prevent injury to the nail