

Astanza Revolution Laser Post-Treatment Instructions

Follow-up care is important to the success of your toenail fungus laser treatment. Please keep these instructions for future reference.

1. Normal activity can resume immediately.
2. Apply an antifungal cream with one of the following active ingredients: clotrimazole 1%, tolfatate 1%, terbinafine 1% or miconazole 2%, butenafine 1% to the skin on the bottom of your feet, sides of your feet, between your toes, and around your nails. (This cream is not intended for use on your nails.) Apply 2 times a day for 2 weeks; after 2 weeks, apply once a day indefinitely or as instructed by your provider.
3. Spray the insides of your shoes with an antifungal spray such as Lotrimin or Lamisil at the end of each day or use an ultraviolet shoe sterilizer (SteriShoe*) as directed. Try not to wear the same shoes every day.
4. If your feet sweat a lot, use an antifungal powder such as Tinactin or Lotrimin.
5. Buy new nail clippers and files since your current pair may be infected. Metal nail care instruments may also be cleaned with diluted bleach or boiling water.
6. Keep your toenails trimmed and clean. If necessary, have your toenails cut for you every 3 to 4 weeks.
7. Wear flip-flops in public places especially hotel rooms and showers, athletic club locker rooms and showers, and indoor swimming pools.
8. Avoid nail salons that do not clean their instruments properly or use a whirlpool system.

Follow-up appointment:

Date: _____

Time: _____ am/pm