

Post-treatment

PinPointe™ FootLaser™  
Post-treatment Instructions

Follow-up home care is essential to the success of your FootLaser treatment. Recurrence of fungal infection can and must be prevented. 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% (Tineastat cream or Tineacide cream), terbinafine 1% (Lamisil cream), miconazole 2%, or undecylenic acid (Tineacide cream) to the skin on the bottom soles and 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; then apply once a day indefinitely, or as instructed by your provider.
3. Apply an antifungal nail lacquer such as Tineacide solution (tolnaftate 1%) or Formula 3 solution (tolnaftate 1%) daily as directed.
4. Spray the inside of your shoes with an antifungal spray such as Tineacide Antifungal Shoe Spray at the end of each day or simply use an ultraviolet shoe sterilizer (SteriShoe®) as directed. Try to avoid wearing the same shoes every day.
5. If your feet tend to perspire excessively, use a medicated antifungal powder such as Lamisil AF Defense Antifungal Shake Powder, Quinsana Powder or Desenex Powder. This will help to keep your feet dry. Change socks during or after work as needed.
6. Buy new nail clippers and files since your current pair may be infected. Metal nail care instruments may be cleansed and disinfected with diluted bleach or boiling water. Do not share these instruments with others.
7. Keep your toenails trimmed and clean. If necessary, have your toenails cut for you every 3 to 4 weeks.
8. Wear flip-flops in public places especially hotel rooms and showers, athletic club locker rooms and showers, and indoor swimming pools.
9. Avoid nail salons and spas that do not clean their instruments properly or that use a whirlpool foot soak system.

Follow-up appointment:

Date: \_\_\_\_\_

Time: \_\_\_\_\_ am/pm

For your convenience, the bold italicized items may be obtained on the [glacierfootandankle.com](http://glacierfootandankle.com) website (Click the 'Our Doctor Store' tab) or in-office prior to the procedure.



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