

## **GenesisPlus Laser Treatment for Onychomycosis (Nail Fungus) Prevention Guidelines**

1. Fungi thrive in warm and moist environments with limited exposure to light and their population can grow very quickly. Spores of the fungus can survive indefinitely in different areas of your home which can quickly spread to areas of your body. Good personal hygiene of everybody in the household of the person(s) with fungal infections is essential.
2. Toenail fungus can be picked up in damp areas such as public gyms, showers stalls or swimming pools, and can be passed among family members. If someone in your household or in close contact has a fungal infection, washing and disinfecting nail care tools and other personal items is critical. Most fungal infections have the ability to spread from person to person and are highly contagious.
3. Shoes are your first line of defense. Old and wet shoes provide an ideal home for dermatophytes and bacteria. Each foot sweats up to 8oz per day offering food and comfort for fungus. Change shoes often. Never wear the same shoes 2 days in a row. This gives the shoes a chance to dry out between wearing's.
4. Items that come in contact with infected skin such as Socks should be washed thoroughly to minimize the spread of infection. Fungal skin infections are highly contagious and may develop into nail infections, which are much harder to treat. The disease can also spread from one toe to another, and even to other parts of the body.
5. Keep the skin between your toes clean and dry. Fungi are survivors so proper washing, soaking and drying of the skin is needed. Feet should be dry at all times. Sweaty socks should be replaced as soon as practical.
6. Avoid sharing any personal items, such as clothing, shoes and slippers. If you do lend these items to someone, wash it thoroughly in hot water with bleach.
7. Be on alert when using public showers, locker rooms and nail salons. It helps to wear protective shoes, sandals or flip-flops in public showers, pool areas and gyms.
8. Want to try new shoes in a shoe store? Don't try them on bare feet, and please never use the socks they may offer. Bring your own!
9. The last but not least – nail salons. If you are still wondering where you picked it up in the first place, chances are it was a cheap pedicure you got in an odd place years ago. Watch the staff sterilize their equipment or bring your own.

### **Basic Principles**

- Good Personal Hygiene
- Dry Shoes (wear anti-fungal shoes whenever possible)
- Dry Socks (wear anti-fungal hosiery whenever possible)
- Cotton clothing and anti-fungal fabrics