



5249 Duke Street, Suite 212, Alexandria, VA 22304

Phone: 703-370-2313 Fax: 703-370-2490

www.Landmarkfootandankle.com

Dr. Philip Garrett & Dr. Victoria Nolte

Recommended Aftercare & Prevention

To ensure the 89% response rate seen in clinical trials and to support the average of **5.18 mm of new clear nail growth** at 6 months, patients are generally advised to:

- **Sanitize Footwear:** Continue to use the clean sweep anti-fungal sprays daily provided by the office to kill lingering spores in your current shoes.
- **Maintain Hygiene:** Keep feet clean and dry. Change socks daily, prioritizing moisture-wicking fabrics. Continue the Clarus antifungal cream daily provided by the office.
- **Manage Grooming:** Use clean, sanitized nail clippers. Avoid sharing grooming tools with others. Continue using the Clarus antifungal solution polish on nails daily.
- **Protect in Public:** Wear flip-flops or water shoes in communal areas like gym showers, locker rooms, or pool decks.
- **Monitor Growth:** Be patient; because the laser stimulates "new clear nail growth," it can take several months to see the full physical results as the old, damaged nail grows out.

Treatment Frequency - The standard protocol usually involves as little as **four 12-minute sessions**. It is important to complete the full series of treatments as recommended by your provider to ensure the fungus is fully addressed.