

DR FRED KUSSEL D.P.M.

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Post Procedure Care and Preventative Measures

- Wear comfortable shoes and hosiery that allow your feet some breathing space.
- Wear shoes, sandals or flip-flops in community showers, hotel rooms or locker rooms. Keep shoes dry or change them if they get wet.
- Wash your feet every day, scrubbing your nails with disinfecting soap, drying them thoroughly and use a good quality antifungal foot spray. There is no need to use antifungal soap.
- Use Tineacide cream and spray (Use shoe spray in a well ventilated area) three times weekly is ideal.
- Wear clean cotton socks or stockings every day. If you feet sweat change 2 times per day. Spray the soles of your feet with antiperspirant spray if your feet sweat profusely.
- Keep toenails trimmed.
- Disinfect pedicure tools before and after you use them.
- If using nail polish, Dr. Kussel recommends antifungal nail polish. Available to purchase by request.
- Use a reputable nail salon and bring your own tools.
- Recognize and treat athletes' feet immediately.
- Maintain and improve chronic health conditions (e.g., controlling diabetes, quit smoking)
- Take over the counter vitamins such as Biotin 2.5 mg or Biotin 2500 mcg. or Appeax daily.
- Eat Jello or take gelatin tablets.
- Purchase a Steri shoe(sterishoe.com) or spray shoes with Lysol disinfectant and allow to sit 48 hours. Spray all the shoes in your closet the first day after treatment.
- Do not wear the same shoes 2 days in a row.