



Pocket Guide to Laser Treatment for Fungal Nails



Pocket Guide to Laser Treatment for Fungal Nails

One of the most common foot conditions affecting Australians is fungal nail infection (onychomycosis). In fact, the condition is said to affect at least a quarter of the population.

Fungal infections are caused by fungus spreading under the nail and into the nailbed. Infections can occur in both fingernails and toenails, but you're more likely to experience fungal problems with toenails.

Symptoms commonly include:

- Discolouration – your nail might turn white, yellow, brown or green
- Texture changes – your nail may become thickened, crumbly, flaky or weakened
- Debris underneath your nail
- Less commonly, tenderness or pain may occur in the surrounding skin

Traditionally, treatment for fungal nail infections has included topical antifungal solutions or creams and oral medications. These treatments, however, can take months to start working and they tend to be hit and miss when it comes to effectiveness. Some people also experience side effects with oral treatments.

Knowing the limitations of these treatments and the distress that fungal nail infections can cause, Entire Podiatry is excited to offer an alternative, highly effective treatment – the Cutera GenesisPlus advanced laser treatment.



About Cutera GenesisPlus Laser Treatment

Although laser treatments have been around for a while, few offer the same power and quality results as the Cutera GenesisPlus.

The Cutera GenesisPlus laser treatment is a safe, effective and fast fungal nail treatment that is suitable for all skin types. With a patented pulse structure, fully adjustable settings, and an impressive 90% early success rate, this laser treatment can treat your fungal nails quickly the first time around.

How GenesisPlus Works



The GenesisPlus laser works by passing light through the nail, where it is absorbed by the pigment in the fungi. The laser also causes the fungal cells to heat to around 40 degrees Celsius. A digital temperature monitoring system, unique to the GenesisPlus laser, allows your Podiatrist to monitor heat temperature in real time.

The combination of light and heat damages the fungal cells, and stimulates your nail to regrow normally. As new nail growth continues, the infected area of the nail grows out and the fungus is gradually eradicated over a number of treatments.

Positive changes are generally noticeable within just one month after the first treatment.

Before Your Treatment

There are a few things to be aware of before undergoing laser treatment. In order to maximise treatment success, prior to your appointment:

- Avoid using any tanning products on your skin for 2 weeks prior
- Don't use any anti-fungal products for 2 days prior
- Ensure all nail polish has been removed from your nails before your appointment

What to Expect During Treatment

Depending on the number of nails requiring treatment, a single treatment session will take anywhere from 30 minutes to 1 hour. You will need to wear protective eye glasses during the treatment session, but this is just a precaution – the laser will not go near your eyes.

The treatment can cause some brief discomfort, but most people simply feel a warm sensation as the laser passes over their nails.

While it's common to see an improvement in nails after one or two sessions, up to 6 treatment sessions may be recommended depending on the extent of the infection. It's generally best to schedule sessions between 2 to 4 weeks apart, depending on factors such as the location of the infection and speed of nail growth.



After Treatment Care

To give the treatment its best chance of success, and reduce the chance of re-infection, we recommend the following post-treatment care:

- Wear clean footwear home
- Wash all bedding before sleeping after treatment
- Apply cold packs if you experience any discomfort
- Apply an anti-fungal spray to your shoes, once a week, throughout the course of your laser treatment
- Apply an anti-fungal cream to your toenails and the surrounding skin daily, throughout the course of your laser treatment
- Avoid walking barefoot in public areas like the gym, sauna or swimming pool
- Additional recommendations will be tailored to your individual circumstances, and may include use of an anti-fungal nail solution or UV light shoe sanitiser to reduce the risk of re-infection
- It's best to avoid using nail polish during the course of your laser treatment. If, for whatever reason you need to use nail polish, discuss this with your Podiatrist first

In our experience, the use of anti-fungal products after the fungal infection has been success-fully cleared up with laser treatment, greatly reduces the risk of future re-infection.



Possible Side Effects

Aside from feeling a warming sensation, which may cause temporary discomfort, side effects are rare. Unlikely complications can include skin changes and infection. If any specific risks apply to your circumstances, your Podiatrist will discuss these with you before your treatment. We are also more than happy to talk through any concerns you may have at any time throughout the process.

Treatment Cost

Is it essential to treat all of the toenails or can I get laser for one toe?

Studies have shown that if one toenail or fingernail is infected, even normal looking nails can have fungus hiding in them. For optimal outcomes with laser treatments it has been found most effective to treat all 10 nails. If we only treat the one toe the chance of reinfection is much higher, so we do not offer treatment of only one nail.

What are the costs of laser therapy? All three treatments are included in the total costs of \$900 (ie: \$300 per session) and includes one bottle of laundry rinse, one tube of tinea cream and one tinea spray bottle. Urea cream is also provided throughout the (3) sessions, as required. The relevant item numbers that we use for laser therapy include: F004 (Initial Consultation) or F012 (Standard Consultation) and F145 (Laser Treatment).



Who Can Have Fungal Laser Treatment?

People of all skin types can benefit from the Cutera GenesisPlus laser treatment. However, please let us know if you:

- Are pregnant
- Are undergoing treatment for skin cancer
- Take Accutane (or similar drugs which may give you an increased susceptibility to sunburn), gold therapy, or anticoagulants
- Have vitiligo
- Have a virus affecting your skin
- Are injured with open wounds
- Have diabetes
- Experience neuropathy
- Have a history of keloid or hypertrophic scarring



If any of these factors apply to you, we may need to adjust our approach to treatment. This can be discussed further at the time of your initial consultation.

Ready to banish your fungal nail infection for good?



Book a consultation now

1800 4 ENTIRE | 1800 4 368 473

Brisbane 1800 4 368473

Gold Coast 07 5503 6399

entirepodiatry.com.au

