



## NAIL FUNGUS TREATMENT AT DUNDRUM COSMETIC CLINIC

### What is Onychomycosis?

Onychomycosis, also known as nail fungus, is a common condition that begins as a white or yellow spot under the tip of your fingernail or toenail. As the fungal infection goes deeper, nail fungus may cause your nail to discolor, thicken and crumble at the edge. It can affect several nails at the same time.

When coming for your first consultation:

- Make sure your nails are nail polish free, clean and cut short.
- Bring a list of any medications/treatments you have been using for your nail fungus.
- Bring a list of any other medications/treatments you are using, any illness you are suffering from and/or allergies.

At Dundrum Cosmetic Clinic we treat onychomycosis with laser treatments and photodynamic therapy. Laser treatment consists of a concentrated light that is capable of penetrating the nail and destroying the fungus. Although it can be a very effective treatment for nail fungus, results can vary greatly from person to person.

Photodynamic therapy is a new and complex treatment that is used in dermatology and beauty treatments. It destroys the fungus through light radiation.

We use two types of laser treatment at Dundrum Cosmetic Clinic; cold laser treatment is completely painless whilst the other laser treatment does cause some discomfort.

During your consultation you will be seen by a specialist in order to rule out any other infection in your nails. Once you have been diagnosed with onychomycosis you will be given a product that is used to make your nails thinner in order to improve the

penetration of the laser on your nails. You must apply this product to your nails every second day for one month. At the end of your consultation you will be given a date for your first laser session.

When coming for your first laser treatment:

- Make sure your nails are clean and nail polish free.
- Do not apply the product we gave you during your first consultation on the day of your laser treatment.
- Bring a pair of new nylons and clean shoes for use after your first laser session.

Post treatment recommendations:

- Maintain the foot dry and well aired.
- Put talcum powder in footwear before practising any sport.
- Make sure your feet and hands are kept clean.
- Check feet and hands for early detection of any changes.
- Do not share footwear with family or friends, especially those who could be suffering from onychomycosis.
- Wash socks, nylons, bedclothes, towels and the area around your shower at 60°.

**Important:**

**Even though only one of your nails appears to be infected, the treatment will be carried out on all your nails in order to avoid cross infection during treatment. It is also likely that all your nails are infected although they may look normal.**

**Do not remove cuticles, as they are the barriers that protect your nails from fungus.**

**Do take vitamins to boost your immune system, you will probably also find specific vitamins in your local pharmacy that promote nail health and help them grow.**

Disclaimer:

Treating this infection depends on your own personal hygiene and the response of your immune system; we cannot guarantee the results of your treatment.

## TREATMENT PRICE

- First consultation fee: € 20
- Price of product to be applied to nails: € 18
- Price for 6 laser sessions: € 400 x 2 feet ,  
€ 300 x 1 feet
- Mini package: 3 sessions, € 275 for 2 feet

To book your first consultation phone us on:

01 2166 778

087 8888 087

A booking fee of €20 will be requested when you make a reservation.

