



FDL DERMATOLOGY

medical & cosmetic dermatology

DR. HERBERT'S TIPS TO MINIMIZE RECURRENCE OF NAIL FUNGUS

- Treat nail and foot fungal infections in other family members/cohabitants
- Wash your feet daily with soap and water; dry your feet well, especially between the toes
- Do not walk barefoot in public areas- wear flip flops, sandals, or water shoes
- Avoid wearing closed shoes, particularly those made of vinyl or rubber, which will make your feet hot and sweaty
- Change your socks regularly- especially if they are sweaty
- Do not borrow or share shoes
- Use antifungal powder in your shoes if you have a history of fungus
- Consider using a topical antifungal indefinitely
- Do not use anyone else's clippers and do not cut healthy nails with the same clippers that were used on infected nails
- Clean clippers with soap and water or alcohol/Clorox
- Choose where you get your pedicures/footbaths wisely; bring your own supplies whenever possible