

# FUNGAL NAIL TREATMENT



OFFICIAL SUPPLIERS TO



At our Cardiff clinic we are fully equipped to perform all aspects of chiropody treatment. As specialists in general foot care we provide toenail cutting, corn and callus reduction, management of thickened and ingrowing toenails, verrucae treatment and numerous other treatments.

Here at ACE we ensure our Podiatrists are qualified to offer the latest evidence based treatments to treat your foot condition effectively.

All of our Podiatrists are degree-educated with a BSc (Hons) in podiatry and have accreditation from the Health Care Professionals Council and the Society of Chiropodists and Podiatrists.



### **WHAT IS A FUNGAL NAIL?**

Fungal nails can occur in people of all ages and can often cause embarrassment, they are very common but can take a long time to treat.

Fungal nail infections can occur when your feet are warm and damp, if you suffer with athlete's foot it is important to treat it as soon as possible to stop it spreading to your nails.

Signs of fungal toe nails include:

- Thickened nails
- Crumbly/Brittle
- Distorted shape or lifting
- White, Yellow or Brown colouration on nails

## PREVENTING FUNGAL NAIL INFECTIONS:

### DO:

- Treat athlete's foot as soon as possible to avoid it spreading to nails
- Keep your feet clean and dry
- Wear clean socks every day
- Wear flip flops in showers at the gym or pool

### DON'T:

- Wear shoes that make your feet hot and sweaty
- Share towels
- Wear other people's shoes
- Share nail clippers or nail files



## WHAT DOES THIS TREATMENT INVOLVE?

Here at ACE we provide a relatively new treatment for stubborn fungal toe nails.

The treatment involves drilling micro holes in several rows across the fungal nail plate. Antifungal spray (Lamisil 1% - Terbinafine hydrochloride) is applied over the nail and passes through the micro holes to spread under the nail to reach the fungal infection. The spray will be issued to you and you will apply the spray daily at home. You will be reviewed every 6 weeks to have further micro holes drilled as the nail continues to grow. This process will be continued until the nail has grown out and normal nail growth should return.

Terbinafine is an anti-fungal medication working by creating an imbalance in the fungal cell wall, over several weeks this leads to fungal cell death.

## IS THIS TREATMENT FOR ME?

If you have tried over the counter nail paints and antifungal preparations with no luck, this could be the treatment for you.

However, this treatment is not suitable for everyone – we would like to make you aware of the following:

This treatment is **NOT** suitable if you are:

- Allergic to Terbinafine
- Pregnant/breastfeeding
- Under 16
- Liver issues

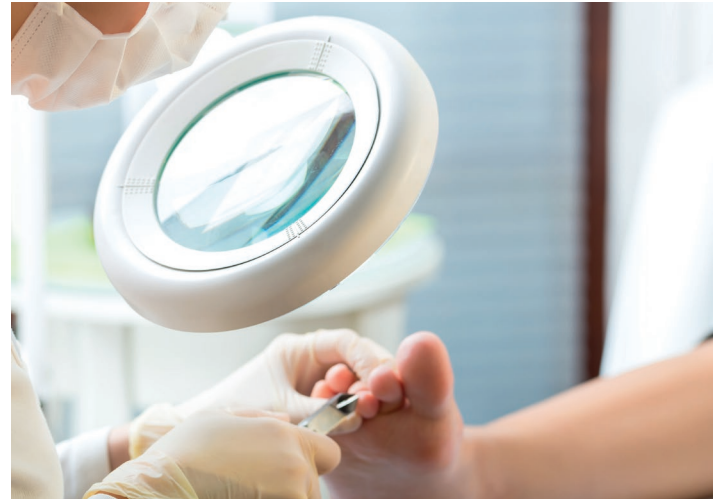
You must also be able to comply with the treatment regime of applying the spray to your nails daily for the best results. You will need to continue this treatment as your nails grow out which can be a long process.

## WHAT CAN I EXPECT AT MY APPOINTMENT?

You will need an initial appointment for an assessment. The podiatrist will ensure your nails are fungal and check this treatment is suitable for you.

If you are suitable micro holes will be drilled across your nail plate and sprayed with an antifungal spray. You will need to apply the spray every day at home.

- The treatment may cause minor discomfort but NOT lasting pain.
- There can sometimes be bleeding under the nail where some of the holes are made. This is to be expected, a dressing will be applied if required. Treatment with the spray can still be started but there may be some stinging on the first few applications.
- You will need to return to the clinic every 6 weeks to have your affected nails trimmed and further holes drilled (as the nail grows) and to check the progress.
- Nail varnish should NOT be worn during the duration of the treatment.
- Your 1st bottle of Lamisil spray is included; any further bottles will need to be purchased.



## HOW MANY TREATMENTS WILL I NEED?

Follow up appointments will be needed every 6 weeks to drill further holes until the nail grows out and the nail is normal and healthy in appearance. This can usually take approximately 6-12 months.

## THE EVIDENCE BEHIND THE TREATMENT

**Bristow, I. & Score, M. Rapid clearance of sub-ungual onychomycosis by controlled micro penetration and topical terbinafine solution using the Clearanail device**



Sanatorium Road  
Canton, Cardiff  
CF11 8DG

T: 0800 622 6789  
E: [ace@feetinmotion.co.uk](mailto:ace@feetinmotion.co.uk)

Please visit our website to learn more about us:

[www.acefeetinmotion.co.uk](http://www.acefeetinmotion.co.uk)

 [feetinmotionace](https://twitter.com/feetinmotionace)

 [Ace Feet in Motion](https://www.facebook.com/Ace-Feet-in-Motion)

 [acefeetinmotion](https://www.instagram.com/acefeetinmotion)