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Nail Fungus

Onychomycosis is a fungus that enters just under the tip of the nail, moving steadily towards the cuticle. The infection may cause a buildup of keratin (what skin, hair, and nails are made of) under the nail, raising it and causing discoloration. The infection can spread to other nails if not treated effectively, possibly leading to other medical conditions. Treatment requires a consistency and persistence. Likewise, treatment may be necessary for up to a year and in some cases, longer than one year.

Topical Treatment:

- Tolcycen: Non-prescription. Apply using applicator brush onto the affected toe-nail(s) each morning and night. Allow to dry for 5 minutes before putting on socks or going to bed.
- Urea Compound: Prescribed by Dr. Suh. Massage the cream onto the affected toe-nail(s) each morning and night. Allow to dry for 5 minutes before putting on socks or going to bed.

*For thick nails, use a nail file first to minimize the thickness and then proceed to massage the cream onto a the nail.

Tinactin Powder is better:

- * Put powder in socks before putting them on.

Do's and Don'ts:

- * Wash your feet thoroughly with soap and warm water every day and then dry them completely, especially between the toes.
- * Keep feet as cool and dry as possible. If your feet sweat a lot, change your socks mid-day.
- * Lysol your shoes at the end of each day and let them dry overnight.
- * If possible, do not wear the same shoes on a daily basis.
- * Clean socks thoroughly (using bleach is the best). For women, clean your hosiery daily.
- * Disinfect your shower regularly.
- * Wash your bed sheets regularly.
- * Do not go barefoot in health clubs, public showers, locker rooms, or on hotel carpets.

TOENAIL FUNGUS IS CONTAGIOUS!!