



NAIL FUNGUS
**A SIMPLE
TREATMENT**



FUNGAL NAIL DISEASE

Fungal nail disease affects up to 14 per cent of adults.

It's caused by a fungus that feeds on keratin, a protein in your nails.

The fungus likes moist places such as showers and locker rooms.

If you think you have nail fungus, you can look out for a few signs.

- Thick or distorted nails — your nails, or part of your nails might start to thicken.
- Brown, white or yellow spots or streaks either in the skin under the nail or in the nail itself.
- Pain — you might find it difficult to walk and your nails might separate from their nail bed.
- Brittle or ragged nails.
- Chalky, dull or powdery nails.
- Nails crumbling at the outside edges.





**TREATING YOUR NAILS
WILL HELP MAKE THEM
ATTRACTIVE AGAIN.**

WHY CHOOSE LASER THERAPY?

Capital Podiatry pioneered laser therapy in Canberra. Since we started offering the service in late 2012 we have treated hundreds of patients.

Laser therapy is becoming a popular way to treat the condition.

It's not intrusive, which means you're not taking medication for several months.

Depending on how severe your condition is, we recommend two or three treatments six weeks apart.

This is because if any fungal spores remain after the first treatment, we want to kill them quickly so they have no chance to reinfect the nail.

We also recommend laser therapy because of the feedback we've received from our patients. Many of our patients have told us that they tried prescription medication and paints for several months without success.

WHAT IS THE TREATMENT?

We slowly trace a laser beam across the infected nail for several minutes. We cover the entire nail in a close cross-hatch pattern.

The laser beam generates heat in the nail and in the fungal colony. Your nail will feel warm but this feeling quickly fades.

We use a formula to work out how long we need to spend on each nail. The formula is based on the size of your nail and the progress of your infection.

The procedure is safe and you won't need anaesthetics.

It's free of any side effects and harmless to your nail and the surrounding skin.

You can wear your shoes and socks immediately after the procedure.

HOW SOON WILL I HAVE HEALTHY NAILS?

Nails grow slowly so it can take several months to see the nail resuming healthy growth.

It can take 10-12 months for the nail to grow back as good as new.

Our patients typically see new pink, healthy growth starting from the base of the nail.

CAPITAL PODIATRY HAS TREATED HUNDREDS OF PATIENTS WITH LASER THERAPY.



HOW DO I PREVENT FUNGAL NAILS?

Of course, the best thing is to avoid getting a fungus infection in the first place.

It's hard to avoid fungus altogether, because it's embedded in carpets, sports shoes, locker room showers and other common places.

1. **Treat any fungal skin infection on your feet quickly.**

Contact your doctor or podiatrist when you first see the infection, because it's easier to treat if you start early.

2. **Strengthen your immune system.**

If you're run down, you're more likely to pick up bugs, including fungus infections. Look after yourself by eating food rich in antioxidants such as fruit and vegetables and getting enough sleep.

3. **Keep your toenails clean and dry.**

Fungus thrives in dark, wet places, so it is important to keep your toenails clean and dry. To do this, change your socks frequently, use a clean towel to dry between your toes after a shower and make sure the entire area is clean and dry.

USE A CLEAN TOWEL TO
DRY BETWEEN YOUR TOES.



“Without a doubt it works. I'd recommend it to anyone.”

Jed from Gordon, who tried several drug treatments

“My new nail growth looks extremely healthy.
It seems to have been successful.”

Jill from Aranda

“It actually works. I had no toenails nine months ago.
After three laser treatments, I can wear nice sandals
or go barefoot at the beach or pool because my
toenails grew back fungus free.”

Dana, Sapphire Coast, NSW

“There's definitely improvement.
There's no soreness anymore.”

Meaghan from Kambah

“It's worked. It was a really good treatment.”

Vido from Fadden

“There's healthy nail growing through.”

Cath from Yarralumla

“I developed nail fungus after treatment for cancer. I am
thrilled with the result now after the last treatment.”

Louise from Farrer



02 6293 3300

www.capitalpodiatry.com.au