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## **Fungal Toenails**

This condition is one that is repulsive to those who have it and those who know people who have it. There are not many ways to treat this problem successfully which is caused by a fungus of which is a small organism that lives off the toenail protein of which the toenail is made.

**Conservative treatment methods:** Spray inside shoes and shower with Lysol.

**Non-Prescription Topical:** You can use Vicks Vapor Rub daily at night on all affected toenails. There are also other topical products such as bleach, apple cider or vinegar daily, either through soaking or applying to the toenail daily.

**Prescription Topical:** Terbinafine, an oral antifungal which is now generic

Success for any of these treatments ranges from 50 to 75 percent. The success rate is so variable because the organism is so hearty. Using a topical along with the oral therapy can be helpful, but there is still a large variable of success and at best may only be controlled and not cured.



The patient can improve the foot with careful and consistent cleaning of the foot using topical agents on the skin and nail as outlined above.

Periodic trimming in office is helpful to reduce the thickness of the toenail. If conservative care fails or other alternatives do not work, then surgical removal permanently maybe considered. The surgery is usually outpatient done in the office under local anesthesia

The new laser surgery does not have long term data of 10 years for us to determine long term success rates and we do not provide this service in our clinics.

Overall this is a difficult problem and we can help you cope with this difficult medical condition.