



## **Hand/Toe Nail Fungus Removal FAQ**

### **More Than 88% of Patients See Improvement After Just a Single Treatment**

The treatment is safe and effective, takes only a few minutes for each hand or foot and is painless.

### **How does it work?**

Our Texas Certified Laser Professionals use a Q-Switched Nd: YAG laser which is one of the most advanced dermatologic lasers currently available. In 3-10 billionths of a second, impulses of high power laser energy pass through the nail to the nail bed and nail growth area with typically no damage to the nail or surrounding skin. At the time of the procedure no visible change is seen until the nail begins to grow out. In a few months, a more normal nail is expected to appear with complete regrowth of the nail taking up to 9-12 months.

### **What is the recovery period?**

No post treatment pain has been reported. You may resume all normal activities immediately. If you have any problems or questions, please contact our office.

I understand that my chances for success are increased by using a topical antifungal on my toenails to prevent re-infection and by disinfecting my shoes. I also understand that my toenails can get re-infected and this would require further treatment.

### **Is the procedure painful?**

Most people do not feel any pain. Some patients may experience slight warmth or occasional snapping sensation during the procedure. If you have any pain during the procedure, the laser power can be decreased slightly to eliminate any pain. No anesthesia is needed

### **How long does the procedure take?**

The amount of time varies on the degree of involvement of the nails. Very thick nails are mechanically reduced to a more normal thickness with specialized equipment. The laser is then applied typically taking only a few minutes. Overall, a visit for consultation and treatment will usually take about 30 minutes.

### **How Do We Get Started?**

Schedule an appointment with Paradise Cosmetic where we'll assess your needs and talk about the Laser therapy process. We'll answer any questions you have and show you photos of the typical results you can expect. When you're ready, we'll schedule a quick in-office treatment and you're on your way to new nails.



### **Can the nail not improve?**

Our Q-Switched Nd:YAG Laser is FDA approved and shown to be safe and effective. The nail is expected to improve with just one treatment. Clinical reports to date have been encouraging with most patients noticing significant improvement. As with all medical procedures, a 100% guarantee is not possible. In a randomized 3-12 month study of 100 subjects, significant nail plate clearance was observed in more than 95% of the subject cases with an mean clearance of greater then 56% of the (abnormal or affected) regions. Changing socks and shoes frequently and controlling excessive perspiration are helpful in preventing recurrence for feet and following Post care instructions: Chances for success are increased by using a topical antifungal on my toenails for 2 weeks to prevent re-infection and by disinfecting my shoes.

### **Can I polish my nails or have a pedicure?**

You can apply polish to the nail immediately after the laser treatment. However it is important to remove all nail polish prior to your treatment.

### **Is the laser treatment covered by my health insurance?**

No, the procedure is considered cosmetic, and is not covered by health insurance

### **How much does laser treatment cost?**

The cost varies depending on the number of nails involved and severity of the infection. The typical laser treatment is \$600 per hand or foot. A free consultation is provided to determine if you are a good candidate for laser treatment.