

# EMBARRASSED BY UNSLIGHTLY NAILS? TIRED OF LONG TREATMENTS THAT DON'T WORK?

Banish that fungal nail infection once and for all. plus, our top 7 tips to prevent re- infection  
Proudly produced by your local podiatry clinic



flawless  feet  
Podiatry & Laser Clinic

**Covent Garden | Forest Hill | Croydon**



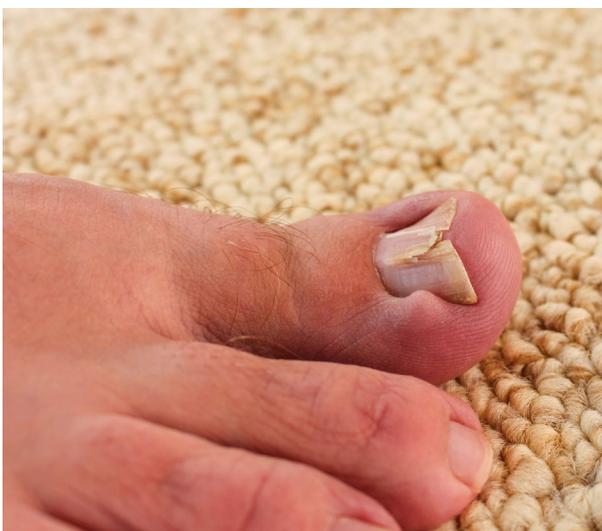
Our podiatrist has a special interest managing discoloured nails

0203 713 8361 | [www.flawlessfeet.com](http://www.flawlessfeet.com) | [hello@flawlessfeet.com](mailto:hello@flawlessfeet.com)



# WHY ARE MY NAILS UNSIGHTLY?

The most common cause of thick, discoloured nails is a fungal infection. The same bugs that cause tinea (athlete's foot) can infect toe nails. Unlike tinea, fungal nail infections are very stubborn.



## WHY IT'S A PROBLEM:

"I'm embarrassed by my nails and cover them up so people don't see them."

"They are thick, crumbly and hard for me to cut."

"They get sore when they get thick."

"It makes me feel dirty knowing I have this fungus growing in my toe nails."

"I'm frustrated because I've tried lots of things to get rid of it, and nothing works."

"I know it's contagious and worry about spreading it to my family."

## HOW DID I GET IT?

For the infection to occur, two things must happen:

- + Exposure to the fungus
- + Damage (usually tiny) to the nail, allowing a portal of entry for the fungus



Initial exposure is often from areas where lots of people go barefoot – swimming pools are the classic. The disease can be caught from pets. Some 'nail bars' that don't sterilize their instruments are responsible. And some people just have an unlucky tendency for fungal nail infection, for example, if their own immunity is reduced.

Nail fungi thrive in moist, warm and dark conditions, meaning most feet are perfect hosts.



## WHAT'S THE TREATMENT?

Before discussing treatment, one important point needs to be made:  
Not all discoloured nails are fungal

This is important because many people waste time and money unsuccessfully treating what they think is a fungus, only to find out later that it's something else. Conditions that mimic nail fungus include damage to the nail through injury and/or wear and tear, and other skin conditions such as psoriasis and lichen planus.

So, before treating the discolouration, please seek expert advice, and consider those other conditions. So, before treating the discolouration, please seek expert advice, and consider those other conditions.



## OK, I WANT TO TREAT IT.

So let's assume for now your yucky nails are because of a fungal infection. This can be managed in three ways:

**+** **TOPICAL TREATMENT:** Involves using one of many nail paints or lacquers regularly until the infection clears. Examples include Daktarin, Excilor, Curanail and many more. To be effective, the treatment must be applied regularly (at least once a day or twice a week depending on the product) and continued for months. For this reason, many people find it too difficult to successfully complete a course of treatment. Best results are obtained with regular, aggressive physical reduction of the nail plate via filing. Again, diligence and effort is required to maintain this program.



**+** Usually involves taking terbinafine for 12 weeks or longer. This course of treatment is usually very effective, but there are some considerations: The medication can cause side effects and affect liver function.

**+** A nail sample must be taken and sent to pathology for assessment.

**+** You must have tried topical treatment prior to prescription.

**+** The nail must be at least 80% affected for the GP to be able to prescribe terbinafine



**+** **LASER TREATMENTS:** This is relatively new and is by far the most convenient method.

We at Flawless Feet are one of the only clinics in the UK to offer treatment with both the S30 Podylas and Lunula "Cold" Lasers for better results.

The process takes about 12 minutes per foot. Usually four sessions are required, about 1 or 2 weeks apart, but this does depend on the type and severity of the infection. The best things about laser are the effectiveness and convenience – You sit and relax with a coffee while we fix your toenails!





## 7 TIPS FOR PREVENTING RE INFECTION

Once the fungus has been killed, it is important to reduce the risk of re- infection.



The following information is something our paying customers get as part of their appointment. You're getting it for free!

- + Dry your feet, particularly between your toes, thoroughly after showering. This is because fungus thrives in a moist environment, and the more you can do to keep your feet dry, the better.
- + Use a preventative anti-fungal spray to your toes daily. This kills off the fungal spores before they become established.
- + Apply methylated spirit or isopropyl alcohol wipes around your toes daily. This helps dry the skin.
- + Avoid synthetic socks, cotton are better.
- + Expose your feet to light. Fungus thrives in dark environments and doesn't like light.
- + Wash all your socks regularly in a hot wash, above 60 degrees. This kills off fungal spores that may be in your socks
- + Let your shoes dry out thoroughly, or even better, have them professionally sanitized.  
And most importantly...



Enjoy your happy and healthy feet!



## SO WHAT NOW?

This depends on the considerations mentioned earlier. This booklet aims to increase your understanding about the cause and treatment of fungal nail infections, and to give you a better ability to make an informed decision as to what's best for you.

We recommend that, all thickened or discoloured nails, be assessed by a Podiatrist. Someone who deals with them every day and is able to offer a variety of treatment options.

An appointment with our podiatrist provides the following benefits:

- + Thorough history taken
- + Careful assessment of the nails and clinical diagnosis made
- + Clinical report provided and/or sent to your doctor
- + Discussion of the most appropriate treatment option
- + Proper cutting and filling down of the infected nails
- + Explain strategies to prevent re-infection
- + Provision of the most suitable treatment for you





Flawless Feet offers treatment at several locations across London. Established by Hiren Patel, Flawless Feet aims to provide the highest quality of podiatric care in a relaxed setting. As a member of the College Of Podiatry and consulting podiatrists to Millwall Football Club, Hiren and his team are one of the area's most well qualified foot health professionals, boasting over twenty years of experience.

We are dedicated in the pursuit of continued professional development and strives to provide the latest treatments and techniques in clinic. We are the only clinic in London to offer treatment with both the S30 Podylas and Lunula "Cold" Lasers simultaneously for better results.



#### Flawless Feet - Croydon

197A Shirley Road | Entrance in Valley Walk, Croydon | CR0 8SB

#### Flawless Feet – Forest Hill

16 Garlies Road | Forest Hill | SE23 2RT

#### Flawless Feet – Covent Garden

Jubilee Hall Gym | 30 The Piazza | Covent Garden | WC2E 8BE



CONTACT NUMBER

TEL-0203 713 8361

Email: [hello@flawlessfeet.com](mailto:hello@flawlessfeet.com)