



Patient Treatment Information

Congratulations on taking the first step in treating your toenail fungus!

Treating toenail fungus is important, not just because it is unsightly, but because it can also spread to others, change/damage the nail structure, or make it painful to walk or stand.

What to expect from ClearToe Therapy:

BEFORE TREATMENTS: There is no need to pre-treat your toenails in any way. Bring a pair of clean, dark coloured socks to your appointments. Also bring a book, laptop or phone if you want to take advantage of the downtime while undergoing treatment. Your clinician may take some photos of your toenails to help measure progress.

DURING TREATMENTS: The clinician will file down the infected toenail/s. Next, the ClearToe Serum will be applied. The ClearToe Therapy Light will then be placed over the toenails.

The ClearToe serum works by binding to the fungal cells and staining them in a way that makes them vulnerable to destruction by light. The blue colour will fade after approximately 7 to 10 days. ToeFX studies showed that 80% of patients prefer a temporary blue colour to a yellow/brown toenail infection. As the infection clears, less blue will be retained between visits, because there is less fungus to adhere to. Wearing nail polish is not recommended. However, if it must be applied, please remove it promptly (within 48 hours) to avoid creating a 'moisture trap' (fungus loves moisture!).

As toenail growth is quite slow, averaging 0.5mm per month, typically 8 to 12 treatments once every 2 weeks are required to see new growth of the toenail. More treatments may be required if the infection is severe or if there are other medical conditions.

BETWEEN TREATMENTS: Remember to adhere to lifestyle advice (launder towels and linens, wear clean socks every day and sterilize shoes, to name a few) and ask your clinician for information on how to care for your feet to prevent the growth and return of toenail fungus.

MAINTENANCE TREATMENTS: Once your toenails are clearing up, your clinician will likely recommend maintenance treatments every 6 to 8 weeks to avoid relapse.

It is important to remember that there are no 'quick fixes' when it comes to toenail fungus. "Slow and steady" is the way to go.

