

**Preventive  
Footcare**



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**Next Appointment Date**

at

### **PREVENTING FOOT FUNGUS**

Many people with fungal nail infections also have a fungal skin infection (commonly known as athlete's foot) and this is often the original cause of a fungal nail infection and can allow re-infection of your nails.

**Starting tonight**, please:

Apply **Tineacide Antifungal Cream** over the entire surface of your toenails daily. Apply it on the skin around the nails and in-between the toes as well.

Sterilize all of your shoes:

Utilize the **SteriShoe UV system**  
and/or

Spray two bursts of **Tineacide Shoe Spray** inside of all your shoes to kill any fungus, and allow 24-48 hours for the shoes to air dry (use a hairdryer on a medium setting to speed up this process if needed). Continue this 2-3 times per week.

It is easy to catch a fungal nail infection, and lots of people get them. You are probably susceptible to fungus and at risk of re-infection. The sooner you treat an infection, the easier it is to get rid of it. Look for signs of redness, flaking, whiteness or moisture between toes as well as little spots on the rest of your foot. If you see these signs, begin to apply a topical antifungal, such as **Tineastat**, promptly. The fungi that cause these infections live in warm, damp places such as showers, floors around swimming pools and in changing rooms.

The best protection is prevention. Fungal infection prevention is directed at avoiding situations that expose the foot to fungus, keeping the foot and shoe healthy by keeping them clean and dry, and not allowing them to become a breeding ground for fungus.

Here is what you can do:

Take off your socks and shoes when you're at home to air out your feet.

Wear shoes made from leather or canvas that let your feet breathe.

Wear moisture wicking antifungal socks, such as **CopperSole**.

Make sure your shoes fit well to prevent injury to your nails.

DO NOT borrow other people's shoes.

Change your socks during the day and alternate your shoes every other day to air them out, especially when it's warm.

Wash your feet daily with soapy water and dry your feet well, especially between the toes and after using communal changing areas.

DO NOT walk barefoot in public areas such as around swimming pools, gyms, public showers, changing rooms, hotel rooms, etc. Wear flip-flops or sandals and use an antifungal foot spray after using communal areas.

Keep your toenails trimmed and clean. If necessary, your Podiatrist can cut them for you every 6-8 weeks.

If you like to paint your nails, use a natural antifungal nail polish, such as **Dr.'s REMEDY**.

If you enjoy pedicures, be sure to bring your own tools as found in the **SOS Pedicure Kit**.