

Multifactorial Treatment for Toenail fungus

Successful treatment of toenail fungus is difficult and should include the multiple treatment regimens as listed below. The success rate is about 72% at best. Time to near complete resolution can be 6-12 months. Recurrence rates are high.

[] **Debride:** Successful treat of fungus relies on periodic nail debridement or clipping to reduce overall fungal load. Nails should be debrided by your podiatrist every three months during treatment. This might be on a self-pay basis.

[] **Topical:** Use of a topical solution on the involved nails once or twice a day with *Formula 3* or *Funginail* is helpful. *Formula 3* (tolnaftate 1%) can be purchased at the Bellevue Podiatric Physician clinic and *Funginail* (Undecylenic Acid 25%) is available at drugstores.

[] **Shoe and Sock hygiene:** Shoes should be stored in a well ventilated area. They should be worn every other day at most. Socks should be changed during the day, like when you come home.

[] **Sterishoe:** This unit can be purchased online at Amazon or sterishoe.com. This device will sterilize the shoe with UV light. Cost is around \$100.

[] **Antifungal powders** like Lotrimin AF powder (2% MICONAZOLE NITRATE) should be used daily in your shoes.

[] **Bleaching the shower:** This should be done weekly with Lysol or household bleach.

[] **The golden hour:** Ideally, you should spend an hour a day going barefoot, to let the feet air out.

[] **Oral medication:** The current most effective regimen for using oral medication is 500 mg of Terbinafine twice a day for one week, then repeating every three months until 4-8 weeks have been completed. A normal liver function test is necessary prior to taking this medication and alcohol intake should be discontinued during the weeks that the medication is ingested.

Sprenger et al. A week of oral terbinafine pulse regimen every three months to treat all dermatophyte onychomycosis. Journal Fungi 2019,5,82

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