

Nail Fungus Prevention of Reinfection

After the treatment with oral medication, all of the fungus should be gone from the skin of your feet. The fungus in your nails should be killed, although the nails may remain thickened and discolored until they grow out (which will take 9-12 months).

It is possible for the fungus to reinfect the skin of your feet or your nails, even after taking an oral medication. Here are some helpful hints to prevent reinfection.

- Keep feet and nails clean by washing your feet every day with soap.
- Trim nails to about 2-3mm beyond the attachment of the nail. Do not cut too short.
- Don't share nail clippers or other nail care equipment. If your toenails are infected with fungus, don't use toenail clippers on the fingernails.
- Avoid going barefoot in public facilities, especially locker rooms.
- Avoid going barefoot in hotels, as fungal particles may be living in the carpet and on the bathroom floor.
- Never wear someone else's shoes and socks.
- Older tennis shoes and other well-worn shoes should be thrown away, as they may be heavily contaminated with fungal particles that cause athlete's foot or nail fungus.
- Always wear gloves when working in the garden.
- Always wear shoes/sandals when outside.
- Give toes breathing room- wear loose-fitting, well-ventilated shoes.
- Keep feet, socks, and shoes as dry as possible.
- Wear socks made of natural, absorbent materials such as cotton and wool. (not synthetics such as rayon and polyester)
- Use bleach when washing socks.
- Have other family members evaluated to see if others may be infected.
- Use antifungal powder, cream, or spray on your feet and shoes once a week or as needed.