



Fungal Nails

AND ALL YOU NEED TO KNOW

WHAT IS A FUNGAL NAIL?

Fungal nail infections occur from an overgrowth of fungi on or in the nail, thriving in warm, moist environments. They can originate from existing fungi or contact with an infected person. These infections are more prevalent in toenails due to the humid conditions from shoes and can develop slowly, making early detection challenging.

HOW TO IDENTIFY A FUNGAL NAIL

Fungal infections can impact all or several nails, or just a portion of a single nail. Look out for these common signs to determine if you may have a fungal infection:

- A distorted nail that may be lifted off from the nail bed
- A noticeable odour emanating from the infected nail
- A brittle or thickened nail
- Discoloration of the nail, which can range from white, yellow or brown to green.

WHEN TO INVOLVE YOUR GP

In certain cases, oral or prescription-only antifungal medications may be required. If it is deemed necessary, we will suggest that you consult your GP, and provide you with any relevant test results as well as details of any treatments that have been attempted thus far.

To learn more about our treatment options, turn the page. Our patient support team is ready to assist you, so call us on 01943 863 733 to schedule your consultation and treatment.





TREATMENTS

INITIAL ASSESSMENT/DIAGNOSIS

Thorough diagnosis is crucial for treating fungal nail infections. Diagnostic tests determine the type and severity of the infection. While most treatments prevent fungal spread, clearing the nail can take time. A complete medical history is essential for recommending the best treatment.

TOPICAL ANTIFUNGAL TREATMENTS

To combat fungal infections and treat affected nails, we provide various antifungal products, including sprays and lacquers for at-home use. Our podiatrists offer guidance for optimal results and schedule regular check-ins, typically every six weeks, to monitor progress.

COSMETIC/PALLIATIVE TREATMENTS

If you choose not to treat fungal nails, regular podiatry visits are recommended to manage discomfort from thickened and brittle nails. We also offer nail reconstruction services to improve the appearance of infected nails for special occasions or holidays.

LACUNA (FENESTRATION)

For severe fungal infections, the Lacuna method is recommended. This involves painlessly drilling tiny holes in the infected nail to allow antifungal medication to penetrate the nail and reach the nail bed.

Patients receive medication for home use and are advised to have regular follow-ups to monitor progress and possibly redrill holes.

SURGERY TO REMOVE THE NAIL

In cases where topical treatments fail, a minor surgical procedure under local anaesthetic can permanently remove the nail. However, it's not suitable for everyone and requires a full assessment and discussion before a decision is made.

