Fungal Nails



AND ALL YOU NEED TO KNOW

WHAT IS A FUNGAL NAIL?

Fungal nail infections are caused by an overgrowth of fungi on, under, or in the nail. Fungi thrive in warm, moist environments and can arise from preexisting fungi in or on the body or from contact with an infected person. These infections are more common in toenails due to the warm, humid environment created by shoes. Fungal infections may develop slowly, making them difficult to detect at first.

# HOW TO INDENTIFY 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 odor 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

diagnostic test and treatment.

# TREATMENTS



## INITIAL ASSESSMENT/DIAGNOSIS

Thorough diagnosis is important for treating a fungal nail infection. A diagnostic test identifies the type and severity of the infection. Most treatments prevent the fungi from spreading, but it may take some time to fully clear the nail. A complete medical history is necessary to recommend the most effective treatment.

## TOPICAL ANTIFUNGAL TREATMENTS

To stop the spread of fungal infections and eliminate affected nails, we offer a variety of antifungal products. These products can be in the form of sprays or lacquers which you can use at home. Our podiatrists will provide guidance on how to get the best results from your chosen treatment and schedule regular check-ins (usually every six weeks) to monitor progress.

## COSMETIC/PALLIATIVE TREATMENTS

If you're not interested in treating the fungal nail itself, we strongly recommend regular podiatry appointments to manage the fungal nail(s). Thickened, brittle, and uncomfortable nails can be a source of discomfort. We also provide nail reconstruction services, which can enhance the appearance of fungal-infected nails for special occasions or holidays.

## LACUNA (FENESTRATION)

For more severe fungal infections we recommend the Lacuna method. Tiny holes are painlessly drilled into the infected nail and an antifungal medication applied. The holes allow the medication to penetrate through the nail and into the nail bed to maximise the effect of the anti fungal medication. We then supply medication for you to continue using at home and recommend regular follow up appointments to redrill holes if necessary and monitor progress.

## 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.