



FOOT - POST CARE INFORMATION - WHERE MEDI MEETS PEDI

In the case of *onychomycosis* and/or *tinea pedis*:

What is this: ***Onychomycosis*** is a fungal infection of the nail, more commonly found in the toe nails.

Tinea pedis is a fungal infection of the foot commonly called athlete's foot.

The following products are recommended for treatment:

- Footlogix Pediceutical #7T (Tincture Spray)
Shake the bottle well, and use every morning and evening. Spray under and onto the nail. Please be sure to clean out underneath the infected nail on a regular basis.
- Footlogix Pediceutical #7 (Peeling Skin Formula)
Shake the can well and use every morning and evening. This anti-fungal mousse is recommended as this type typically has more of a damp foot. Please be sure after getting out of the shower, bath or pool to dry feet with a dry towel thoroughly ensuring that you dry in between the toes.
- Footlogix Pediceutical #7+ (Rough Skin Formula)
Shake can well and use every morning and evening.

For all clients using one or all of these products

Keep things clean:

- * Disinfect shower floor on a regular basis
- * Clean floors regularly
- * For carpets, sprinkle baking soda directly to carpet.
Let sit for 20 minutes the vacuum.

Remember that fungi grows in dark damp dirty places. Please have 2 pairs of boots so you can rotate. Work boots need 24 hours to properly air out. Pull laces loose, and pull the tongue forward. Give boots 24 hours to air out and switch back and fourth with boots each day.

* Runners should also take this in consideration.

* Always wear footwear to the pool and in gym showers.

PLEASE NOTE: We are not diagnosing any of these conditions. We are recommending these products because we see you have signs of these infections. Not only do these products help when there truly is infection, but they also help to clear up these symptoms for people who do not have infection, but have the same problems as people who do.

**If you have any questions or concerns please contact the office.
902-893-7613**