

Before your laser treatment:

1. Remove all polish (including clear) from the toenails.
2. **For at least 2 weeks, do not use self-tanning agents, including bronzers, spray tans, artificial pigments, self-tanning lotions ON YOUR FEET.** If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub daily to remove all pigment prior to any treatment.
3. **Please do not wear any lotion on your feet the day of treatment.**
4. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin and nails photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic. Additionally, please inform us if you become pregnant during the course of your treatment.

After your laser treatment:

1. In the event you have redness or blistering in the skin around the treated nails, avoid hot water, lotions or tanners, and anything irritating to the skin.
2. Included in your laser package, you have been given a topical anti-fungal, a nail file and a moisturizing keratolytic. The following regimen is suggested to improve your results with laser genesis, and is especially helpful for those nails that are excessively thick.
 - After bathing, use the **nail file to thin** the top of the affected nail as much as possible.
 - After thinning, **apply 1-2 drops of Tolnaftate** and let the nail dry.
 - Before bed, **apply Revitaderm cream to the affected nail** and allow them to dry. (You can also use this cream as a moisturizer for the rest of your feet).
3. Following treatment if you are not using the above regimen, you are **welcome to apply color polish** to the treated nails! Please just remove this prior to your next treatment.

If you have any questions or concerns, please call the office at 706.999.9994