

Unightly Toenails?

Toenail fungal infections are unsightly and embarrassing – the nail becomes yellow, thickened and hard to cut and is often accompanied by foot odor from fungal debris under the nail.



What Does Nail Fungus Look Like?

A Better Way

Toenail fungal infections are very common; they affect about 15% of the U.S. population. Until recently, most people treated fungus with either topicals, laser therapy, or oral medications. Unfortunately there are frequent failures using only one kind of treatment. Fungal infections are tough to cure and require multiple kinds of treatments at the same time, over a period of time.



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The Five Star Approach to Fabulous Toenails

★ Laser Therapy

The Doctor recommends scheduling three Laser Therapy treatments, 30-days apart. This treatment helps kill the fungus that lives in and under the toenail. Each treatment is 15 minutes long. Depending on the severity of the fungus, you may need more treatments.



FungiFoam

FungiFoam is a foam that kills fungus on the skin of your feet. It moisturizes and exfoliates the skin on your feet, making it elastic, supple, and resilient. It cools any burning or itching the skin on your feet may have as well as keeps your skin free of fungus and looking great! The Doctor recommends daily use of the FungiFoam until your fungus is clear.



Formula 3

Formula 3 is an antifungal nail treatment that is absorbed into your toenail. It treats the bed of the toenail, preventing new fungus growth. The Doctor recommends applying a thin layer daily on the healthy and unhealthy part of the nail. Continue daily use until your toenails are fungus free and fabulous!



TheraNail-TF Nail Supplement

Your toenails are going through radical change. They need to regrow healthy, strong, fabulous, and fungus-free. TheraNail is a vitamin supplement that ensures strong, healthy toenails during and after your fungal treatment. The Doctor recommends taking one pill daily beginning with your first Laser Therapy treatment.



Clarus Shoe Spray

Did you know that your shoes carry fungus that contribute to shoe odor and recurring fungal infections? Clarus Shoe Spray kills the fungus that lives in your shoes. The Doctor recommends to start spraying all your shoes prior to Laser Therapy treatments and continue until your shoes are odor free.



Schedule Your Appointment Today!

Your Next Step for Healthy Toenails is only a phone call away. Schedule your appointment with Dr. Silvester today!

Call (830)569-3338

Next Step
FOOT & ANKLE
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The Next Step Difference

What sets us apart at Next Step Foot and Ankle Clinic is that we have the ability to go from Fungus to Fabulous in Six Months with our **Five Star Approach to Fabulous Toenails.**

Often, more than one approach is needed to adequately kill fungus and begin re-growing strong, healthy toenails. Most of our patients show significant improvement within 3 to 6 months.

Fungal Skin & Nail Pack

Take the 5 star approach to Fabulous Toenails now! Our pack includes:

- 3 Laser Therapy treatments
- FungiFoam Antifungal Skin Treatment
- Formula 3 Antifungal Nail Treatment
- TheraNail-TF Nail Supplement
- Clarus Antimicrobial Shoe Spray

(Pack is Not Covered by Insurance)



Preparing for Laser Therapy

1. Spray **all** shoes with Clarus AntiMicrobial Shoe Spray **48 hours prior** to starting your Laser Therapy treatments.
2. Remove all nail polish from your toenails. Throw away any used nail polish and nail files to prevent fungal reinfection.
3. Wash all socks and sheets in bleach or color safe bleach.
4. Begin Laser Therapy treatments. Each treatment lasts 15 minutes.



Following Your Laser Therapy Appointments

1. Continue Clarus Shoe Spray until your shoes are odor-free.
2. Take the TheraNail-TF Supplement daily.
3. Wear clean, dry socks and change daily.
4. Use FungiFoam and Formula 3 treatments daily.
5. Do not wear any toenail polish for **two weeks** following Laser Therapy treatments.
6. Take oral medications, as prescribed.



From Fungus to Fabulous in Six Months!

Get Ready to Bare Your Feet Now!



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