



The very best treatment for toenail fungus is...

...A combination of:

1. Oral antifungal medication
2. Topical antifungal medication
3. Laser light therapy
4. Topical antifungal cream for the skin
5. Antifungal spray for the shoes

The success rate of using all five of these treatments can be as high as 95%.

Being patient with the process is extremely important. It can take at least 12 months to realize a good result. Daily attention to the skin on the bottom of your feet, your shoes and your nails is necessary. The fungus germ likes being in and under your nail, therefore, evicting this ugly tenant isn't easy. Having our feet enclosed consistently makes the job that much more difficult.

It's important to understand that genetics plays a major role. Even if you are extremely healthy your immune system might not be programmed to easily fight fungus.

Subjecting your feet to certain environments such as public showers in health clubs, hotel rooms and certain nail salons can increase your risk of acquiring this germ. Wearing something on your feet in public places is your best defense. If you enjoy going to nail salons it's best to bring your own instruments.

Another common cause of toenail fungus is an injury. The nail seems to be come more susceptible to germs when it has been injured.

Something else that's extremely important to consider...

Not all thickened and discolored toenails are from fungus. Many of these symptoms are from the build up of a protein. We will typically take a sample of the nail and send it to have it tested before starting treatment. We don't want to prescribe an antifungal regiment for a nail that doesn't have fungus.

Getting rid of toenail fungus is difficult enough but preventing a recurrence can be just as hard. *Our recommended protocol once the fungus is gone consists of:*

1. Using an antifungal cream on the bottom of your feet at least three times a week.
2. Spraying your shoes with an antifungal spary, especially after exercising.
3. Using an antifungal solution at the tip of your nail where it meets the skin on a daily basis.

*If you have been hiding your feet because of unsightly nails, there is hope. Patience and persistence are necessary but perfectly clear nails are definitely possible. Imagine the confidence of being able to be barefoot or in sandals again. **Get Help Now!***



Fungus to Fabulous Package

\$490

(not covered by insurance)

- 3 Fungal Laser Treatments
- Antifungal Skin Cream
- Antifungal Nail Solution
- Nail Supplement
- Shoe Spray

Go From Fungus to Fabulous!

Your Next Step for Healthy Feet

Your Next Step For Healthy Feet: www.NextStepFoot.com



We wish you all a
very Merry Christmas and
Blessed New Year!

*From the Team at
Next Step Foot & Ankle Clinic*

Our Christmas and New Year Holiday
hours are as follows:

Closed on December 24
Closed on December 25
Closed on December 26
Closed on December 31
Closed on January 1



WHAT IS THIS

BUMP?

Everyday someone comes into the office concerned about the bump on their foot. It may or may not be painful. It could be small enough to be one of the toes or quite large on the top or bottom of the foot. It could be perfectly round or an irregular shape. It could be a normal color or darker. It could have been present for a week or for a year. It could be soft or could be hard.

Some bumps require immediate attention and removal, others can be treated with a simple Cortizone injection to dissolve them. Other bumps can be ignored, if they are not painful.

Any bump that is getting larger and more painful requires immediate medical attention. It could start pressing on a nerve, causing an even greater amount of damage.

*Schedule your appointment with us today
if you have a bump on your foot.*

2nd Pair of Custom Orthotics for Only \$250

We are excited to announce a rare opportunity to purchase a 2nd pair of custom orthotics at a steep discount.

Getting your 2nd pair of custom orthotics during the "2nd Pair Orthotic Special" is as easy as calling our office to place your order. You must place your order by January 31, 2019 to take advantage of this special offer.

Call 210.375.3318 or 830.569.3338

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