

Fungal Nail Infections

- Fungal nails, or “Onychomycosis,” is a common nail infection that requires prolonged treatment to eradicate effectively. It is the most common condition of the toenails. Fungal nail infections affect 13% of the population.

The following instructions are recommended:

- Make sure feet are carefully washed and dried daily.
- Wear cotton or wool socks and change them daily.
- Avoid walking bare-footed in communal or damp areas, such as swimming pools or bathrooms.
- Keep your towel separate from other household members’ towels as fungal infections can spread.
- Topical antifungal nail paint can help slow the growth of fungal nail infections giving healthy nails a chance to grow, such as:
 - Daktarin Tincture (Use 2 times per day*)
 - Loceryl Nail Lacquer (Use 1-2 times per week*)
 - Canesten Clotrimazole Anti-fungal Topical Solution (Use 2-3 times per day*)
 - Gordocho Solution (Use 2 times per day*)
- *please see pack for detailed directions
- Use a long handled disposable nail file to file your nails down before each use of the nail paint. Be careful not to spread the infection to other nails.
- Laser treatment for fungal nails is available from various private podiatrists in the ACT.
- Oral antifungal medication may be prescribed for widespread infection.
- In some cases, your GP or podiatrist may take a nail scraping to help identify the type of fungus.



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Enquiries: Canberra 13ACT1 or 132281

**ACT Government
Health Directorate**
Canberra Hospital and Health Services

Community Care Podiatry
Community Health Intake (CHI): 6207 9977