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# Fungal nail Treatment

## Who is it suitable for?

A nail which is infected with a fungal infection. It can vary from mild-severe, causing changes to the nail plate which some find unsightly and bothersome. It can contribute to a thickened, discoloured, mis-shapen, crumbling nail affecting the growth of the nail plate.

## What are the options?

### Nail reduction

Reduction of the nail can reduce the discomfort experienced by thickened fungal nails and improve the appearance of the nail temporarily, it does not cure the fungal infection.

### Topical ointments

There are hundreds of different topical nail treatments that can be purchased from the pharmacy, supermarket or online. It is important to visit a podiatrist who will let you know which treatment to use, and importantly, how to use it properly to get the maximum effect.

### Chemical nail avulsion

This involves painlessly removing the fungal portions of the nail with an ointment that is applied daily over a few weeks. This leaves a clean base prior to application of other treatments

### PACT

PACT stands for photodynamic antimicrobial therapy, involving the application of an ointment to the nail followed by shining a LED light on it for

9.5 minutes. The ointment and the light combined kills the fungus. A course of treatment is required, this depends on how many nails are infected and the severity of the infection. PACT is not recommended for severe fungal infections penetrating past the cuticle.

### Oral medication

Oral anti-fungal medications which may be indicated in the presence of a severe or stubborn fungal nail infection. The minimal course of treatment for oral medication is usually around 3 months, often more than this is required.

### Lacuna method

The lacuna method is where tiny holes are drilled into the nail plate, therefore gaining access for topical treatments to reach the nail bed, where the fungal infection is most active. This is best suited to a lifted and not hugely thickened nail.

### **Nail reconstruction**

Nail reconstruction does not treat the fungal infection but provides a temporary cosmetic fix for those who find their nails unsightly, usually lasting 6-8 weeks.

### **Nail surgery**

For painful stubborn fungal nails, the nail can be removed surgically and an acid applied to the nail root so it does not grow back again. If the acid is not applied it is likely that the nail will re-grow in the same manner.



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## Who is it suitable for?

There is a treatment option for everyone who has a fungal nail. Which treatment is best is indicated on the individual, their requirements and circumstances.

Please be aware that there is no 'quick fix' for treating a fungal nail infection. This is because it takes time for a new healthy nail to regrow. Depending on a number of factors this can take 6-18 months.



## Prices

- General Assessment - £55.00
- Follow up treatment - £55.00
- PACT - ranging from £76 - £142 per session

To arrange an assessment please e-mail [office@chirobody.co.uk](mailto:office@chirobody.co.uk)  
or call 0330 088 4222.

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