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**Fungal Nail Aftercare Advice**

* Ensure you bring NEW socks to the treatment with you when treating toe nails.
* Spores will live in your shoes and socks for some time after your infected nail/s have been there. Avoid re infection by taking sensible measures.
* Do not share towels etc with other people.
* Ensure you dry your affected feet/hands thoroughly after washing or getting damp in the rain
* Do not wear damp shoes or socks/gloves.
* Body TLC recommends over-the-counter creams such as Canesten and Lamisil between sessions and review
* Using separate towels to dry the infected areas to the towel you use to dry the rest of your body.
* Wipe the shower or bath with antiseptic wipes before and after use.
* Wash socks/ gloves and bed linen at 60ºC to kill the spores.
* Spray footwear with an anti-fungal spray.

There is also an ultraviolet shoe sanitiser available from Body TLC to kill the bacteria and fungus in the ends of the shoes.

You can use this UV sanitiser to kill up to 99% of bacteria in all other places of your home too.

It is not limited to footwear!