



Don't let unsightly fungal nails spoil your day!



Simple, effective, safe treatment for fungal nails

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## LACUNA METHOD TREATMENT FOR FUNGAL NAILS



We all have fungal spores on our skin that live quite happily causing no problems. Given the right environment i.e. warm, dark, damp (as inside our footwear) the fungal spores thrive.

This can cause fungal infections of the skin and nails.

First signs of a fungal nail infection are a yellowing or brown discolouration, thickening, crumbly or brittle nails. Nails may become misshapen and may lift from the nail bed. The

actual infected area is the skin under the nail, the nail bed.

Most topical treatments are unable to penetrate the nail plate to reach the nail bed, and so are ineffective.

Occasionally, nails can have the appearance of a fungal infection. Issues such as psoriasis; trauma and certain medications can cause a nail to appear fungal when it is not.

If you are considering treatment for a fungal nail infection, it is highly recommended you have a sample of the nail tested to ensure it is definitely a fungal infection. This can be done here at Fancy Feet, by a test taking only 5 minutes to confirm diagnosis, with 97% accuracy.

If the test indicates a negative result for fungal spores, please do not be disheartened. Knowing that there is no fungal infection present will save you a lot of time, money and effort treating it.

### FACTORS INCREASING THE RISK OF FUNGAL NAIL INFECTIONS:

Nail damage/ nail biting

Medical conditions such as diabetes; psoriasis; weakened immune system

Smoking

General poor health

Poor hygiene.

Sports activities such as football, running

Poor fitting footwear

Non-sterilised nail cutting equipment (nail clippers, files etc)

## HOW CAN LACUNA METHOD HELP ME?

Specially designed burrs are used to make micro holes through the nail plate. This allows anti-fungal solution to pass through and reach the actual infected area (the nail bed). As the nail is 'dead' the micro holes will grow out naturally. A slight 'pricking' sensation may be felt during the procedure, likened to eyebrow plucking.

Downward pressure on the toe from footwear when walking will help spread the treatment under the nail



Lacuna is not a short-term treatment. Unfortunately, there is no quick fix.

Anti-fungal treatment is required at home following the procedure for at least 6 months, but can be as long as 18 months. Our podiatrists will advise on frequency and duration of application of spray, usually it is a daily application.

6 weekly reviews are advised and more holes may need to be made as nail grows forward.

Although short term studies have been very encouraging, it has to be stressed that no treatment can be guaranteed to be 100% successful.

## CONTRAINDICATIONS OF LACUNA METHOD:

Allergy to terbinafine

Age (over 16yrs only)

During pregnancy or breastfeeding

Hepatic (liver) impairment

Certain health issues such as uncontrolled diabetes; arterial disease and compromised immune system

Lack of compliance in applying fungal prep and following treatment plan post procedure

## POST TREATMENT ADVICE

Foot hygiene is essential. Wash your feet at least once a day with warm soapy water and carefully dry them, especially in-between your toes.

Studies suggest that approx. 1 in 4 where the infection has been cleared from the nail, the infection can return within 3 years unless you maintain a good foot care regime.

**In order to improve treatment outcomes and prevent reoccurrence, we advise the following:**

Spray affected toenail(s) and skin 1-2 times per day with anti-fungal treatment (Lamisil 1%) for at least 6 months. However, this can take as long as 18 months.

Keep your feet dry as much as possible.

Avoid sharing towels, socks and shoes.

Consider replacing old footwear as this could be contaminated with fungal spores, or spraying inside current footwear with antifungal spray.

Wear flip-flops in public spaces, such as communal showers.

Maintain and improve chronic health conditions such as diabetes.

Wear breathable footwear and cotton/ polyester socks where possible and change them every day.

Wash all socks/ hosiery etc above 60 degrees.

Do not wear nail varnish for the duration of the treatment.

Rotate footwear and wear properly fitted shoes with a wide toe box to prevent injury to the nail.

Pedicure treatments should be avoided as they risk reinfection.

