



Measures to Help Prevent Recurrence of Onychomycosis
(How to keep your toenails from getting re-infected)

1. Keep feet clean, cool and dry. (Change socks often, open toed shoes)
2. Wear socks made of cotton, wool or similar absorbent material.
3. Apply antifungal powder to shoe daily (eg Zeasorb AF)
4. Wear shoes of correct size and fit and reduce biomechanical stresses
5. Discard or rest footwear that may have a high density of fungal spores: old worn shoes, shoes worn without socks (especially slippers), or someone else's shoes
6. Avoid walking barefoot over surfaces that may have high number of fungal spores, for example, carpeting, bathroom floors, showers, gymnasiums
7. Keep toenails short, cutting them straight across. Do not round out the edges.
8. Do not use the same nail clippers for normal appearing and abnormal nails. Do not share nail clippers with someone with abnormal nails.
9. Family members who have fungal infections or on their feet should be treated.
10. Watch for itching, redness, wet, soggy skin or blisters involving the soles of the feet or between the toes or recurrent nail discoloration and thickening. If present, see your health care provider.
11. Apply either over the counter nizoral shampoo or antifungal cream to the foot once or twice a week to prevent recurrence of the foot fungus.