



## ToeFX Treatment for Fungal Nail Information Sheet

### Discolouration of nails (fungal problem)

There are a number of reasons for thick and discoloured toe or finger nails. One such problem can be a fungal infection of the nail bed/s leading to one or more of the following signs:

- Discolouration of part or the whole nail/s.
- One or more nails can be involved. May start in one but spread to others over time.
- The nail/s may become brittle and pieces can break off.
- The nail/s can be normal thickness but often become very thick.
- White to yellow brown discolouration.
- Distorted shape.
- Dark colour due to the build up of debris under the nail.
- Can have a distinctive foul smell.

**NB:** The fungus that is causing the nail problem is actually in the skin of the nail bed, covered by the nail, the fungus feeds on the protein (keratin) that is in the nail and produces toxins/chemicals and it is these things are the cause of the nail/s to become crumbly, thick, distorted and discoloured in nature.

### How did I get the fungal problems?

The fungal spores that caused your problem are everywhere, they are in the air, soil, wet areas like swimming pools, communal shower areas at gyms or just the family home. If you have had athletes foot problems in the past this fungus can get under the nails and can be the cause of your problem.

The problem is often the result of nails that have been damaged through work, sporting or other leisure activities. Once the fungus is in the nail bed it will never go away without treatment.

10-20% of the population have this problem and can affect any age group but it is more common in men than women and the later decades (60's plus) of life, with children rarely having a problem.

Other factors increasing the risk of this problem includes:

- Diabetes
- Diseases that cause poor circulation.
- Artificial nails, prolonged use of nail polish.
- Weakened immune system.
- Sports foot wear that are tight and enclosed.

### Treatment

Treatment is going to be long and difficult. If you want to resolve your problem you will need to commit to some form of treatment. The problem will not go away on its own. This commitment may require many appointments which will have cost implications. There are a number of approaches and the success rates are relatively low for most treatments.



Bartholomew Way Clinic and Feet Plus Horley can offer good intensive treatment regimes.

We can provide the needed intensive course of photo-disinfection therapy using ToeFX treatment system. ToeFX has been designed to treat nail fungus (onychomycosis). The complete course entails 8-10 treatments every 2 weeks. Then appointments every 6-8 weeks until nail/s have grown out clear. This method of treatment has been shown to have higher success rates (97%) compared to many of the other treatments available (other treatments have [21%] good outcome and [76%] excellent outcomes).

### **What is involved with the treatment and what are the costs?**

1. The length of appointment will depend on how many nails are being treated.
2. Clinical pictures will be taken of the nails before starting treatment.
3. Using specialist instruments the nail/s being treated will be thinned down and loose unattached nail cut back as far as possible. Depending on the nail holes may be placed in remaining nail.
4. The nails are then painted with a dark blue toe nail serum and left for 10-15 minutes allowing it to be absorbed through the holes, reaching the affected parts of the nail/s.
5. The dark blue serum is then activated by placing all the toes under a red light
6. unit for 15 minutes.
7. Every 2 weeks after the first treatment, the nails will be cleaned and blue serum applied for 10-15 mins followed by 15 mins under the red light unit.
8. Once 8-10 treatments are complete treatments using the serum and red light are repeated every 6-8 weeks until the nails have grown out clear.

An initial appointment to assess the nails and testing to confirm the presence of fungus. Appointment fee £49 plus a fungal nail test £44.99 No treatment will be started on this appointment.

Each 2 weekly appointment there after £ 80

Each 6-8 weekly review after initial 8-10 course of treatment £80

### **Risks:**

Slight discomfort during drilling holes, removing and thinning nails.

There has been no known reports of risks with ToeFX light system.

Treatment may not work, no guarantees can be given.

Even with successful treatment, damaged nails may remain thickened/discoloured.

### **Intended Benefits:**

To deliver the treatment to the site of fungal infection and kill fungus.

### **Other considerations:**

There are other causes of thick nails, clinically we can succeed in clearing the fungal infection but one or more nails may remain thick due to other causes.

You will need to treat athlete's foot problems.

You need to treat shoes and socks as the fungal spores will be in these. Washing machine temperatures will not kill the spores in socks. The use of athlete's foot spray in shoes before putting on and spraying socks will help treat these. Scholl do an antifungal shoe spray.



Even if you don't have athlete's foot, you should use athlete's foot spray/powder to the feet and between toes. There is a 20-25% chance the nail/s can become reinfected and continuation of using sprays/powders to feet and footwear can reduce this risk.

#### **What other treatments are available?**

**Oral Terbinafine or Itraconazole:** These are prescription medications and you will need to talk to your GP. Oral medication can have a number of side effects which include loss of taste, stomach upsets and they can affect your liver function.

**Fenestration:** Using a specialist machine holes are painlessly placed through nails affected by the fungus under the nail. An anti fungal spray is then applied to the nail 2 or 3 times weekly, the holes allow the spray to get under the nail and kill the fungus and the nail should grow out clear, it's been suggested there is a success rate of up to 80%.

**Amorolfine 5%** (Recommended by NICE): A topical solution applied to the nail once or twice a week for 12-24 months. This can be purchased here in clinic. Reported to have a low success rate with only 40-60% cure rates.

**Laser treatment:** There is no clear evidence on cure rates, maybe only as good as topical treatments like Amorolfine.

**A combination of the above treatments.**

#### **How successful are these treatments?**

The success rates are variable and treatment takes 12 to 24 months and is not complete until a new healthy nail has grown out. Oral medication can be taken for 3-6 months and then you wait to see if nail grows out clear. Success rates range from 40-60% for topical treatment, with oral medication having the higher cure rate of 80%.

ToeFX has been suggested to have a 97% success rate, with outcomes ranging from good to excellent.