

Do Your Thick, Discolored Nails Cause Sandal Anxiety?

As spring turns to summer, many women are unable to fully enjoy sandal season because of unsightly fungal nails. Infected nails appear thicker than normal nails and have a large amount of dead skin under the nail plate. They will commonly appear yellow or white in color and may also become loose from the underlying nail bed. Aside from their poor cosmetic appearance, fungal nails can also lead to athlete's foot infections.

Many times, nails become infected with fungus after sustaining some type of trauma that loosens the nail from the underlying skin. This can occur after a relatively minor incident, such as stubbing your toe. Some women are more prone to fungal nail infections, including those with Diabetes Mellitus or poor circulation.

The two most commonly used treatment options are either an oral or a topical medication. Terbinafine is an oral medicine approved for treatment of fungal nails. It's taken once daily for 90 days. Prior to starting the medication, a blood test is required to measure your liver function. Patients

with normal liver function tests will typically tolerate the medication well. However, many patients are not candidates for Terbinafine because of coexisting medical conditions or interaction with other medications.

For these patients, there are numerous over the counter or prescription-strength topical medications. All are clear liquids applied once or twice daily to the affected nails. One of the newest is called Formula 3. Unlike other topicals, it's an oil-based solution that easily penetrates the nail plate. When using any of the topical medications, nail polish is not recommended as it may prevent penetration of the medicine.

The newest form of treatment involves the use of an in-office laser. Currently, studies are underway to test the effectiveness of laser treatment for fungal nails.

Unfortunately, none of these treatment options provide an immediate visible cure. All of the treatments work by killing the nail fungus that's infecting the nail and allowing the

new nail to grow normally. Typically, a nail will grow to its full length in three to six months. Progress can be monitored by watching the clear, uninfected nail grow from the cuticle.

In the case of fungal nails, a personalized treatment plan is essential. To find out which of these options would be best for you, contact our office to schedule a consultation.

Call (314)739-8863 for an appointment



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