
COMPREHENSIVE FUNGAL TREATMENT CARE PLAN

Please follow this multi-step protocol as directed by our medical team to effectively treat tinea / fungal infection and prevent re-infection.

Daily & Routine Care Steps

- Step 1: Oral Medication (Lamisil)
 - Take Lamisil 250 mg as prescribed by our medical team.
- Step 2: Home Vinegar Soak (ACV)
 - Mix 1 cup of Apple Cider Vinegar into 2 quarts of water.
 - Soak affected feet 2 times per week for 15 minutes.
- Step 3: Topical Antifungal (Clarus)
 - Apply Clarus topically 2 times per day to the affected areas.
- Step 4: In-Clinic Laser Therapy (YAG Laser)
 - Schedule and attend YAG Laser treatments every 3 weeks at our office.
- Step 5: Shoe Hygiene & Disinfection
 - Spray Lysol inside your footwear regularly to sanitize shoes and prevent fungal re-infection.