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## Foot Fungus / Athlete's Foot

Today you have been given a prescription for \_\_\_\_\_ which is a fungicide used to treat the fungus on your skin. This should be applied to your feet **every morning** for four (4) weeks and then two to three times per week thereafter as a maintenance treatment.

You have also been given a prescription for \_\_\_\_\_ which is a sloughing cream used to promote new skin growth and the sloughing of old skin cells. This should be applied to your feet **every evening** for four (4) weeks and then two to three times per week thereafter as a maintenance treatment.

Dr. Cooper has also recommended you use a product called *Funga Soap*. It can be used to soak in or wash your feet once daily. It contains Tea Tree Oil, a natural product that helps fight fungus.

## Toe Nail Fungus

Today you have been given a prescription for a blood test called a Liver Profile. This blood test is required to begin the Lamisil treatment which you and Dr. Cooper spoke about. You should hear from our office in about one week after having the test performed. If you do not hear from us, please call and let us know where you had the test performed so we can follow up. Once the results have been reviewed by Dr. Cooper, two prescriptions will be called into your pharmacy.

One prescription is for an oral medication, Lamisil. This medication is to be taken once daily for 90 days.

The second prescription is Penlac. This medication looks like a clear nail polish. It is to be applied in a **very thin layer** once daily for 90 days. Remove with rubbing alcohol or nail polish remover once a week.

You will need to return to the office for follow-up blood work 4 to 6 weeks after beginning the Lamisil. After Dr. Cooper reviews the results, you will receive a call from our office. After 90 days, your treatment with Lamisil will be completed. The Penlac is to be used 2-3 times a week for one (1) year.

***Follow-up appointments must be scheduled for 4 weeks, 2 months, and 9 months after the Lamisil and Penlac treatments have begun.***