**December 2020**

**Foot News You Can Use**

**Remembering Our Precious Baby Toes**

Why can’t our feet stay as pure as they were as infants? Who doesn’t marvel at how cute baby’s toes are? One of the unfortunate changes our toes can undergo is the color change and thickness that comes from acquiring fungus of the nails. When this happens, their appearance is a far cry from the look of a baby’s toes.

Our toenails are supposed to be clear. Even though most toenails with fungus don’t hurt, that doesn’t mean it isn’t a medical situation. Toenail fungus can lead to a secondary bacterial infection. This type of infection can be serious, especially if a person has Diabetes. Our goal is to eliminate **all** toenail fungus whether it hurts or not.

One of the things we’ve learned over the years is how important patience is when treating this condition. Many doctors think 90 days of an antifungal medication is all it takes. **This couldn’t be further from the truth.** It typically takes 9-15 months to get the nails back to normal. If you have been treated outside of our office with a short course of medication without favorable results, don’t give up. We’ve had many people like this achieve their desire of clear nails again simply by having a better understanding of the amount of time needed to remedy this condition.

Another key piece to eliminating toenail fungus is treating the skin on the feet and the shoes. **When toenail fungus is present, the skin usually has fungus.** It’s important to use an antifungal cream on the bottom of your feet daily. In addition to that, your shoes should be sprayed frequently with an antifungal spray. The dark, moist and warm environment our feet live in most of the day is a breeding ground for germs.

Our toes were meant to look as good as they did at birth. Toenails that become discolored and thickened aren’t a pretty sight. We empathize with the embarrassment our patients feel about this appearance. We know how joyful people are when we get their nails back to their natural state. With the right approach and a dose of patience a large percentage of our patients achieve a successful outcome. We specialize in treating any and all nail conditions.

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