

What is it?

Onychomycosis is a fungal infection of the toenails or fingernails that may involve any component of the nail unit, including the matrix, bed, or plate. Onychomycosis can cause pain, discomfort, and disfigurement and may produce occupational limitations, as well as reducing quality of life.

Common Causes?

It's very hard to get fungus into a nail. Essentially, you need a traumatic event to get access to the nail bed eg. stubbing your toe, dropping something on your toe, cracking your toe nail etc..

Ambient dust with fungal spores are all around us and once those particles get into the keratin, the organisms survive by eating the keratin found in nails.

Your shoes are warm, dark and moist and the fungus have all the food they need.

Treatment

Due to the fact that topical solutions have a low success rate and oral medication can have nasty side effects we use Lanula Cold Laser to treat fungal infections.

The cold, low level laser system is an innovative treatment for fungal infections of the nails. The system delivers a combination of two very low power lasers simultaneously at very specific wavelengths to the surface of your feet. The lasers generate a rotating beam and can cover a large area of the foot to completely treat infections within the nails and nail bed. The two lasers used are:

- Blue (405nm), this acts directly and specifically upon the fungus and causes changes in its outer wall, this weakens it significantly, allowing the body's immune system to attack and destroy it.
- Red (635nm), is acting upon the body's natural immune cells – fortifying them, thus making them more active and able to neutralize and destroy the weakened fungus. In addition it can stimulate and improve blood flow. This additional blood flow brings nutrients and additional immune cells to the affected area speeding up the treatment process.

This laser used by the ModPod Nail Laser Clinic has had 97% success treating a range of fungus within 48 weeks. We are not aware of any other treatment with this level of success.

For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local ModPod Podiatry clinic.

