

HEARTLAND FOOT AND ANKLE
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ONYCHOMYCOSIS (Fungal Nails) TOPICAL TREATMENT INSTRUCTIONS

1. Apply the following medication daily to all affected nails paying special attention to the tips/ends of the nails.
 - a. **Clarus Anti-fungal Solution**
 - b. **Formula 3**
 - c. **Gordochom**
 - d. **Penlac**
2. Every *seventh day*, remove all residue with an alcohol pad and/or nail polish remover.
3. File/Buff nails to allow porous entry of medication and begin applying your topical medication again that day.
4. Spray **Mycomist** in all shoes, allowing each pair to dry completely before putting on.
5. Take one **TheraNAIL Rx** tablet daily to help nails grow in faster with more strength!
6. Use of **Drs. Remedy Enriched Nail Polish** will help prevent the spread of fungus to other nails.

Please contact our office with any questions @ 309-661-9975