**Aftercare and preparations before treatment**

To get the most out of your treatment

**Before treatment:**

Do NOT get your feet wet from 9pm the night before your appointment. This means NO showers, NO baths, no sauna/steam rooms, swimming, spa baths. This ensures that is lasts longer.

At least 30 minutes before use 50 factor cream\* this is optional

if you are planning a marathon start this treatment, once you have completed this.

if using any fungal treatments, like curanail/emtrix please stop using this at least 2 weeks prior your appointment and exchange it to Lamisil Spray.

Please remove of any nail varnish.

**After treatment:**

Be careful keeping it in volumes of water for long periods, as this can soften the product and shorten the life span

You’re welcome to paint your nails but please be careful with removal

If you want the product removed, as your Foot Health Professional, to ensure minimum damage is done to nail underneath

**Next appointment for Bracing:**

Normally 6-12 weeks depending on need and nail growth.

**Agree or not agree** to photo’s to be taken and used on website…………………………………YES/NO