

## **Traditional ways to treat nail fungus infection / Onychomycosis**

### 1. Oral Medicine

Treatment with oral drugs are extremely strong and must be taken for a long periods in order to be effective. For toenails a minimum of 3 months treatment is required. **Oral drugs may also cause side effects ranging from skin to liver damage.**

### 2. Topical Medicine

Most people start their treatment with the use of a topical medicine tea tree oil, white vinegar, rubbing alcohol and bleach. All of these need to be used twice a day for up to one year to see results.

## **Compared with traditional treatment method, laser treatment features as below,**

A laser treatment is completely drug free. No side effect, no injury, non cross infection, green & pure physiotherapy way. We will notice result as short as the 4th week of use. To achieve significant improvement and removal and prevent future fungus infections, it takes about 3 months treatment. It is more cost-effective & time-effective than medicine treatment.

Onychomycosis is a common nail pathology which has proven to be a treatment challenge to healthcare professionals. Anti-fungal drugs have been the mainstay of therapy for many years. Recently, laser technologies have been introduced as a treatment for Onychomycosis avoiding the disadvantages of systemic and topical drug therapies, offering a rapid treatment for an often persistent nail condition. The purpose of this study was to review published evidence regarding the effectiveness of laser technologies in the treatment of Onychomycosis.

**A laser treatment is completely drug free, meaning it does not impose all the health risks associated with the oral anti-fungal medications. There are no adverse reactions, injuries, or known side effects from use of lasers to treat a toenail fungus infection.**

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## Oral Medicine 口服药 ( 抗真菌感染药物 )

Oral anti-fungal medications are toxic and may cause serious medical complications. As a result, patients that are taking these medications are asked to have routine blood tests to make sure their liver is not damaged during the treatment.

Treatment with oral antibiotic medications effectively combat fungal infections about 75% of the time. However the drugs are extremely strong and must be taken for a long periods in order to be effective. For toenails a minimum of 3 months treatment is required. Severe liver reactions have been observed with these drugs. Other potential side effects include headache, dizziness, drowsiness, nausea, dyspepsia, stomach pain, diarrhea, constipation, reversible loss of taste, hepatitis, neutropenia and pancytopenia.

**Oral anti-fungal drugs.** Your doctor may prescribe an oral anti-fungal drug. Studies show the most effective treatments are terbinafine (Lamisil) and itraconazole (Sporanox). These drugs help a new nail grow free of infection, slowly replacing the infected part. You typically take this type of drug for six to 12 weeks. But you won't see the end result of treatment until the nail grows back completely. It may take four months or longer to eliminate an infection.

**Treatment success rates with these drugs appear to be lower in adults over age 65. And treatment success seems to improve when you combine oral and topical anti-fungal therapies.**

Oral anti-fungal drugs **may cause side effects ranging from skin rash to liver damage.** You may need occasional blood tests to check on how you're doing with these types of drugs. Doctors may not recommend them for people with liver disease or congestive heart failure or those taking certain medications.

## Topical Medicines 局部药物治疗

Most people start their treatment with the use of a topical medication or a home remedies. Patients have tried topical Lamisil, Lotrimin, Micatin, Vicks Vapor-Rub, tea tree oil, white vinegar, rubbing alcohol and bleach. All of these need to be used

twice a day for up to a year to see results. The probable effectiveness rate of this treatment method is less than 20% when used twice a day for a year.

**Medicated nail polish. 甲油** Your doctor may prescribe an anti-fungal nail polish called ciclopirox (Penlac). You paint it on your infected nails and surrounding skin once a day. After seven days, you wipe the piled-on layers clean with alcohol and begin fresh applications. You may need to use this type of nail polish daily for a year.

**Medicated nail cream. 药膏** Your doctor may prescribe an anti-fungal cream, which you rub into your infected nails after soaking. These creams may work better if you first thin the nails. This helps the medication get through the hard nail surface to the underlying fungus. To thin nails, you apply an over-the-counter (nonprescription) lotion containing urea. Or your doctor may thin the surface of the nail (debride) with a file or other tool.