FAQ's – Nail Fungus Removal with LightPod Neo

Contraindications:

Patients that should not be treated include:

   - those who are sunburned or have irritated skin in the sites to be treated

   - those who are exhibiting unidentified skin conditions in the sites to be treated

   - those who have healed poorly after other types of laser treatments

   - patients prone to skin discoloration

   - patients who are taking photosensitizing medication, such as Accutane, should discontinue the medication 6 months before treatment

   - patients who are taking topical Retin-A, patients should wait 2 weeks before treatment

   - don't apply laser energy to any raised lesions, aside from purely red ones i.e. angiomas; other lesions should first be checked by a dermatologist

Patients who are sunburned should wait until the burn subsides. Patients with severe Onychomycosis and completely destroyed matrix may not respond as well as others. Diabetic patients may have a loss of feeling in their lower extremities.

Setting expectations:

Some patients will respond better than others depending on the severity of the condition and how well the patient adheres to the recommended after treatment care. While some patients may be no longer be infected, their nail may not return to it's natural color. Reinfection rate is high, especially in elderly patients and continuous foot care and monitoring their feet is the best regiment to deter reinfection.

How many treatment sessions are required?

Typically 3 treatment sessions are recommended spaced out 3-4 weeks to gauge the success of each subsequent treatment and to physically view the clear nail growth. Follow-up treatments may be needed to prevent or treat reinfection.

Do I need to use topical anesthesia? What about gels?

No. Anesthetics and cooling gels are not needed with LightPod Neo, because MicroPulse-1064 makes it uniquely pain-free. However, some buildup of heat will be experienced, especially using higher fluences with the 2mm lens.

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Is it painful?

There is a mild sensation of heat that is very tolerable. A slight pinching feeling may occur when using higher fluences with the 2mm lens. This is one of the key technical breakthroughs of Aerolase technology! The LightPod Neo has set a new standard for virtually pain-free treatment, even on darker skin types, thanks to MicroPulse-1064 technology. This unique benefit saves time, cost and mess by eliminating gels and sprays required by other lasers that cool the skin during treatment.

What causes nail fungus?

Nail fungal infections are caused group of fungi called dermatophytes. Pathogens that cause nail fungus infections usually enter the skin through tiny cuts or small separations between the nail and nail bed. The fungi grow when the nail provides a suitably warm and moist environment. Nails that are infected with fungus typically are thickened, brittle, crumbly, ragged, distorted, dull, and darker or yellowish in color. A patient may also experience onycholysis, where infected nails separate from the nail bed. Sometimes, nail fungal infections result in pain in the toes or fingertips, and they may even emit a slight foul odor.

How does the laser treat nail fungus?

The laser light passes through the nail and skin to reach the nail bed and matrix. The laser light selectively targets the fungal infection to superheat the fungal structures in order to effectively eradicate them. It is generally agreed upon that a heat of at least 45 degrees Celsius is necessary to kill fungus, which is why the LightPod Neo's unique high power in a short pulse duration makes the treatment so effective yet tolerable.

Do I need treatment on all of my nails if only one is infected?

Fungal infections are highly contagious and can eventually spread to other nails. Since some nails may be infected without showing any signs of infection it is recommended that all nails be treated with the laser as a precautionary measure.

Is it permanent, or can nail fungus come back?

Nail fungus has a higher reoccurrence than most treatments due to the complexity of the situation and number of steps and care needed to effectively kill an initial infection in the first place. While nails can commonly be successfully treated, there is a strong focus on deterring reinfection by consistently adhering to patient aftercare and attention to foot care.

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Is it ok to do multiple passes or pulse over the same infected areas?

It is generally agreed upon that heat is what causes the eradication of fungal organisms within the nail. For greater efficacy it is advised to generate greater heat, which can be accomplished via multiple passes, but this should be determined by the patient's heat sensitivity and the severity of the condition.

What's the spot size for fungus removal?

The Neo typically utilizes the 6mm and 5mm lenses for fungal treatments due to the need to generate higher power in order to superheat the fungal material beneath the nail. In certain, severe cases it may be necessary to utilize the 2mm lens for effective eradication of the fungal material.

Can it be used on dark skin?

Actually, the LightPod Neo is the safest laser in the industry for darker skin types or tanned skin. This is because of MicroPulse-1064 technology, which essentially eliminates treatment pain while minimizing the chances of hyper and/ or hypo-pigmentation. Patients with skin types IV-VI should be treated very cautiously, especially in the facial region, as they pose a higher risk of having hyper and/or hypo-pigmentations.

What happens after treatment?

To successfully eradicate nail fungus and improve the condition and color of a nail is a long process that includes both time and consistent foot care to deter reinfection. It takes a nail anywhere from 9-12 months to completely grow out so it is important to be patient and adhere to the after care directions you are given. Immediately after treatment you will not notice any differences in your nail and may continue your day normally. As the nail grows out you should start to see clear nail growth, which will continue as long as reinfection does not occur.