

## FUNGAL NAIL INFECTIONS



Fungal nail infections usually start at the edge of the nail. They often then spread to the middle. The nail becomes discoloured and lifts off and can cause pain and swelling in the skin around the nail.

Fungal nail infections usually affect your toenails but you can get them on your finger nails too.

**If you have diabetes you should see a foot specialist because any foot injury can lead to complications**

### Preventing fungal nail infection

Fungal nail infections develop when your feet are constantly warm and damp. You're more likely to get an infection if you wear trainers for a long time and have hot, sweaty feet. To prevent fungal nail infection:

- keep your feet clean and dry
- wear clean socks every day
- don't wear shoes that make your feet hot and sweaty
- wear flip flops in showers at the gym, pool etc
- don't share towels
- throw out old shoes
- don't wear other people's shoes

### Treating fungal nail infections at home

Small fungal nail infections may not need medication. You should:

- keep your feet clean and dry
- use separate clippers or scissors to cut your infected nails

If the look of your nail bothers you or it's painful, speak to your pharmacist. They may suggest:

- antifungal nail cream - it can take up to 12 months to cure the infection and doesn't always work
- nail softening cream - used for 2 weeks to soften the nail so the infection can be scraped off

The infection is cured when you see healthy nail growing back at the base.