



Nail Care Tips to Prevent Getting Toenail Fungus Again (Onychomycosis)

Fungal nail infections, or onychomycosis, can make your nails discoloured, thick, and brittle. Taking your prescribed medicines is important for getting better, but taking good care of your nails can prevent the infection from coming back.

Keep nails dry, clean and trimmed

- Wash your feet and hands often with soap and water.
- Dry your nails well, especially between the toes and fingers.
- Keep your toenails and fingernails short to stop germs from getting underneath. Trim your nails straight across. Do not make them a round shape. Make sure to use clean nail clippers or scissors.

Wear good shoes

- Wear shoes that fit well and are not tight. Try to wear shoes made of materials like leather, canvas, or mesh.
- Wear shoes that keep your feet dry and do not make them feel hot and sweaty.
- Alternate between different shoes to let them air out and dry. Give shoes 24 hours to dry before wearing them again.
- Replace old shoes.

Don't forget flip flops or sandals

- Wear sandals or flip flops in warm and wet public areas like pools, public showers, gyms, locker rooms, and spas.

Change your socks

- Change your socks every day, especially if they become wet.
- Use socks that keep your feet dry.

Protect your nails

- Wear gloves when doing chores or activities that may hurt your nails.
- Avoid nail polish and fake nails.

Use antifungal powder or spray

- Use an antifungal spray or powder on your feet and in your shoes to prevent fungal growth.

Don't share personal items

- Avoid sharing nail clippers, files, socks, towels, or personal items with other people.

VIDEO:

Video of Tips from the American Academy of Dermatology Association



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