Fungal Infections

What is the cause?

Fungal infections are one of the most common nail and skin conditions we see and treat at The Vale Clinic every day.

There are different kinds of fungi which cause infection in different parts of the body. On the foot, a fungal skin infection is called Tinea Pedis - also known as Athlete's foot, and a fungal nail infection is known as Onychomycosis.

The majority of people who have recurring bouts of Athlete's foot, usually go on to develop a fungal nail infection.

Treatment & Management

All treatment advice given by your podiatrist is tailored to you, and is dependent on presentation, and the stage of nail infection.

It is important to address any fungal skin infection with an antifungal cream such as Lamisil once, before starting treatment on the nail.

Athlete's foot is easy to treat with creams and sprays, nail infections on the other hand, can prove much harder to treat. This is because there are several layers in the nail structure. Cutting away as much as possible of the infected nail is a good place to start.

Visible changes may be seen in the nail 4-5 months after starting treatment, as it can take 6 to 9 months for a toenail to fully grow out. For teenagers or younger adults some of the treatment options listed below are not suitable, if you fall within this group, discuss alternative treatment options with your podiatrist.

Fungal Infections

Over the counter treatments

Lacquers - Nail lacquers such as Curanail, Loceryl and Scholl fungal nail treatment, are topical treatments suitable for minor to moderate fungal nail infections. The nail lacquer is applied to the nail like nail varnish.

Prescription medication - Treatments such as Terbinafine, Itraconazole and Fluconazole is an oral medication that works systemically. They are best for severe nail infections.

Read our blogs on fungal nails:
Blog 1 & blog 2.

How can I stop it from coming back?

- Treat any signs of Athlete's foot promptly.
- Avoid going barefoot in public places.
- Dry feet properly after bathing.
- Check there are no other active sources of infection.
- Discard old footwear and socks where possible.
- Spray shoes with antifungal shoe spray before and after wear.
- Change your socks daily.
- Keep nails clean and dry.
- Sanitise nail instruments after each use.
- Do not share or use any other person's nail file or instrument .
- Ensure other family members are free of fungal nail and skin infection.

For more information, contact us at Tel. 0118 304 9389 or book online