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ANTIFUNGUAL TECHNIQUES

- It is a fungus that causes the yellow or white coloring, thickness, and possible crumbling of your toenails. It can be transmitted through direct and indirect contact.
- Lamisil is a prescription that fights fungal infection that affect the toenails. Continue to take this medication until the full prescribed amount is finished. Stopping the medication too early may allow the fungus to continue to grow, which may result in a return of the fungal infection.
- To reduce the recurrence rate of the fungus infection in the future:
 - Spray your shoes with Lysol twice weekly.
 - Spray your feet with an antifungal spray such as Lotrimin or Tinactin twice a week. These products can be purchased over-the-counter at any drugstore.

