

# CHECKLIST

## Pedicure with Athlete's Foot

*Safe Salon Visits & Home Care Guide*

### 1. BEFORE GOING TO THE SALON

#### Assess Your Infection Status

- Itching and peeling have stopped
- Redness and flaking have decreased
- Used antifungal cream for 2 weeks

**⚠ If the infection is active (severe itching, redness, pus) - POSTPONE your salon visit!**

#### Choose a Safe Salon

- Checked salon reviews
- Verified experience with fungal infections
- Asked about tool sterilization methods
- Confirmed use of disposable tub liners
- Checked if medical pedicure is available

### 2. SIGNS OF A RELIABLE SALON

#### Hygiene & Cleanliness

- Clean floors and workstations
- Tools sterilized in autoclave or sealed in packets
- Disposable files and buffers used
- Tubs with disposable liners or cleaned between clients
- Technicians wear gloves
- No double-dipping in wax or creams

#### Communication with Technician

- Disclosed my condition before the procedure

- Technician showed understanding and attention
- Agreed on using fresh tools
- Received aftercare recommendations

**✗ If the salon dismisses concerns about infection - LEAVE IMMEDIATELY!**

### 3. DURING THE PEDICURE

#### The Procedure

- Technician put on new gloves
- Tools came from a sealed packet
- Fresh liner placed in the tub
- No aggressive cuticle work
- No skin trauma occurred

#### Nail Polish

- Declined regular nail polish
- Used antifungal polish (Dr.'s Remedy or similar)
- Applied thin layer

**⚠ Regular polish traps moisture and creates a warm environment for fungus to thrive!**

### 4. AFTER THE PEDICURE

#### Disinfection

- Washed feet with antibacterial soap
- Thoroughly dried feet, especially between toes
- Applied antifungal powder
- Put on clean cotton or bamboo socks
- Didn't wear shoes for at least 2 hours

#### First 24 Hours Care

- Avoided tight shoes
- No sports activities
- Checked skin condition

- Continued using antifungal cream

## 5. HOME PEDICURE (Salon Alternative)

### Preparation

- Washed hands
- Disinfected tools (clippers, nippers, file)
- Prepared clean towel
- Set up basin with warm water

### Step-by-Step Procedure

- Soaked feet in warm water with Epsom salt (5 minutes max)
- Thoroughly dried feet
- Trimmed nails straight across (not too short)
- Gently filed rough areas with pumice stone
- Applied moisturizer with tea tree oil
- Put on clean socks

### Tool Disinfection

- Washed tools with soap
- Soaked in rubbing alcohol
- Dried and stored in closed container
- Never store tools in bathroom

## 6. PRODUCTS: WHAT TO USE

### ✓ Recommended

- Antifungal creams with clotrimazole or terbinafine
- Lotions with tea tree oil
- Antifungal nail polish (Dr.'s Remedy)
- Antifungal foot powder
- Cotton or bamboo socks

### X Avoid

- Thick, greasy creams (petroleum jelly)
- Regular nail polish
- Scented lotions
- Harsh scrubs

## 7. WHEN TO SEE A PODIATRIST

### ⚠ Warning Signs

- Itching and redness persist beyond 2 weeks
- Nails became thick, yellow, or crumbly
- Pain or swelling appeared
- Creams don't help after a month
- Cracks or blisters between toes

⚠ If you have diabetes or weakened immunity - SEE A DOCTOR IMMEDIATELY!

## 8. WEEKLY CARE ROUTINE

- Daily antifungal cream application (twice daily)
- Change socks daily
- Wash shoes at 60°C
- Air-dry shoes in sunlight
- Treat shoes with antifungal powder
- Avoid walking barefoot in public places

### Remember:

*Athlete's foot is not a reason to skip pedicures! With proper precautions and hygiene practices, you can safely care for your feet and visit salons. Be attentive, follow recommendations, and consult a podiatrist when necessary.*