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Nail Fungus Home Remedies

Nail fungus (onychomycosis) is common in adults, and is found in over 25% of senior citizens. It is frequently found in association with athlete's feet (tinea pedis). It is usually more of a cosmetic problem and but can rarely cause discomfort. Antifungal pills are the standard, and most effective way of treating it, and the treatment may last for three to six months. The pills may have side effects, sometimes affecting the liver, so it is generally recommended to monitor liver blood tests while on these pills. Unfortunately nail fungus often returns in a year or two after treatment, although there are ways to try and delay its return.

There are a number of home remedies that sometimes work for nail fungus that don't require blood testing. Here are three, and a website link to others.

1) Vicks VapoRub

Apply a small amount of Vicks VapoRub with a cotton swab or your finger to the affected nail (s) one to two times daily until clear. This may take months until the normal nail grows out.

In one study using Vicks VapoRub fifteen of the 18 participants (83%) showed a positive treatment effect; All 18 participants rated their satisfaction with the nail appearance at the end of the study as "satisfied" (50%) or "very satisfied" (50%).

Reference: <http://www.jabfm.org/content/24/1/69.full>

2) White Vinegar

White vinegar is considered to be one of the best ingredients for treating toenail fungus.

1. Mix one part of white vinegar with two parts of warm water.
2. Soak the affected toenail in this solution for 10 to 15 minutes.
3. Rinse it off and dry the affected area thoroughly.
4. Repeat twice daily until the fungus is gone. (It may take months)

Note: If your skin becomes irritated, add more water to the solution and (or) repeat the process every other day instead of daily.

3) Tea Tree Oil

Tea tree oil has antiseptic as well as antifungal properties that help a lot in the treatment of toenail fungus.

1. Mix a few drops of tea tree oil in one teaspoon of olive oil or coconut oil.
2. Use a cotton ball or Q-tip to apply the mixture on the affected toenail.
3. Leave it on for 10 minutes, and then use a toothbrush to gently scrub the nail.
4. Do this two or three times daily until you are satisfied with the results.
(It may take months)

For more home remedies see: <http://www.top10homeremedies.com/how-to/how-to-get-rid-of-toenail-fungus.html>

