

Toenail Fungus Re-Infection Prevention Checklist

Here are the steps to getting rid of all fungus!

Bathmat

Bathroom rugs and bathmats absorb a lot of moisture when you step out of the shower and onto the bathmat. If you have athlete's foot or toenail fungus and step on the bathmat you create a fertile breeding ground for toenail fungus filaments and fungal spores. Wash it in hot water.

Socks

All day long your socks are in direct contact with your skin and toenails. When you have a fungus infection in the skin, or in the toenails you are shedding fungus into your socks. Don't use bleach. Bleach will ruin elastic and destroy socks. Wash all of your socks in hot water.

Shoes

Shoes are the ideal incubators for fungus. Inside of your shoe is warm dark and moist. Anytime you have toenail fungus or an athlete's foot infection you are coating the inside of your shoe with fungus. If you don't get rid of the fungus in your shoes it will easily re-infect your toenails after you kill the fungus living in the toenails right now. Spray disinfectant in your shoes, or use an ultraviolet shoe sanitizer. Disinfect all of your shoes...even those you haven't worn recently.

Running Shoes

When you run, your feet sweat like crazy. You're also adding a lot of friction to the skin on your feet. That combination really results in a lot of fungus in your shoes. To make matters worse, the perspiration on your feet will soak through the foam insert in your running shoes and create a damp layer underneath the insert on the inside of the shoe. Remove the running shoe insert and spray disinfectant on the inside of the shoe and the bottom of the running shoe inserts. Make it a new habit to leave running shoes in direct sunlight so they dry out completely after you run.

Carpet

The carpet in your home can accumulate fungal spores and filaments from your socks and from your bare feet. But be cautious about steam cleaning. If you steam clean carpet and the carpet doesn't dry completely, the extra moisture may make matters worse. Vacuum carpet thoroughly.

Towels

One way to make sure you have mold and fungus in your towels is to dry your feet, while infected with fungus. You'll actually wipe off fungus and dead skin cells that have fungal filaments and toenail fungus spores. They will get stuck in terry cloth. If you then get the towel wet and let it sit, the fungus has an opportunity to multiply. Never, ever put your towels in the washing machine in the evening and then let wet laundry sit in the washing machine overnight. Wash towels in hot water. As soon as the wash cycle ends put them in the dryer. Dry completely.

Sheets

All night long your feet are moving around in the bed while you sleep. During the night, your skin is flaking and shedding skin cells and the live fungus filaments and fungal spores that cause athlete's foot and toenail fungus infections. Wash all of your sheets once in hot water.

Bathroom tile floors

Bathroom floors tend to harbor fungus simply because they get wet and stay wet. Clean your tile flooring with disinfectant solutions known to kill fungus, like bleach. After you shower, leave a bathroom vent on until the humidity clears. Less moisture will mean less fungus in the future.



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