Topical Treatment for Toenail Fungal Infections

Twice a day:

1) Vinegar soaks:
   a. Mix 1 part white vinegar to 1 part water.
   b. Either soak feet in a basin or dip clean washcloth in mixture and apply over toes for 10 minutes.

2) Pat dry

3) Apply Urea 40% cream to thickened toenails (prescription)

4) Apply Vicks VapoRub to yellow/thick toenails (over-the-counter at drugstore)