



DERMATOLOGY  
PHYSICIANS  
OF CONNECTICUT

### **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)