

Insert practice header or print to practice headed paper

[Practice name]

[Address]

[Tel]

[Fax]

[Email]

[Date]

[Title/Initial/Surname]

[Patient Address Block]

Dear [Title] [Surname],

We are currently reviewing the usage of topical amorolfine/Loceryl®/Curanail®/Omicur®/tioconazole/Trosyl®/salicylic acid, tannic acid & boric acid paint/Phytex® anti-fungal nail treatments in line with current guidelines. We have undertaken an audit of our prescribing recently and have identified that you have been prescribed this treatment for your fingernail/toenail infection.

Evidence suggests there is little benefit from using this treatment and experts recommend self-care instead of using treatment. **As a practice we will no longer be prescribing this treatment and have removed it from your repeat prescription.**

We recommend you take the following measures avoid or reduce the risk of fungal nail infections:

- Avoid prolonged or frequent exposure to warm, damp conditions.
- Avoid occlusive footwear.
- Avoid damaging the nails.
- Keep nails trimmed short and filed down.

For toenail infections

- Wear well-fitting shoes, without high heels or narrow toes.
- Maintain good foot hygiene, including treating any athlete's foot (tinea pedis).
- Wear clean shower shoes when using a communal shower.
- Be meticulous with the hygiene of affected feet.
- Consider seeking treatment from a podiatrist if thickened toenails cause discomfort when walking.

If you still wish to continue to use the amorolfine/Trosyl®/Phytex® this can be purchased from pharmacies.

Please note that the recommended duration for treatment of fingernail infections is 6 months and 9 to 12 months for toenail infections. If treatment has not been effective in this period of time you should stop using it. Please speak to your pharmacist for further advice.

Yours sincerely

Dr [Name] and partners