

## How to use Curanail 5% Nail Lacquer?

Curanail comes in a pack containing a small bottle of lacquer, cleansing swabs, reusable applicators and nail files. It involves a simple 3-step approach of: filing down the infected areas of the nail, wiping with a cleansing swab and then applying the nail lacquer (see Figure 2). Before using Curanail, you should read the information leaflet (included inside the pack) carefully and familiarise yourself with the contents.



Figure 2

## How long does it take for Curanail to work?

Treatment of fungal nail infections may take time, because the nail has to grow out before the infection is completely cured. For this reason, it is very important that you continue



Figure 3

to use Curanail once weekly until the infection has cleared and a healthy nail has grown back. This takes about 6 months for fingernails and around 9 to 12 months for toenails.

## Are there any side effects?

Fortunately, side effects with Curanail are uncommon. Very rarely, there may be a slight burning sensation around the nail after application, but this soon wears off. When using Curanail you should not wear nail varnish or artificial nails. Also, take care to avoid the lacquer coming into contact with eyes, ears, mouth or nose.

## Preventing fungal nail infections in the future

Once a fungal nail infection has been successfully treated, the following self-help tips can help to prevent development of any further fungal nail infections.

- Wash and dry feet thoroughly every day, especially between toes
- Don't share towels and bath mats with others
- Wear cotton socks and leather shoes to allow feet to breathe and absorb sweat
- Change socks every day
- Don't wear tight-fitting shoes that stop sweat escaping
- Wear flip-flops in shared bathing areas, e.g. swimming pools and communal showers
- Always treat athlete's foot infections as soon as possible
- Stop smoking to reduce your risk of developing a fungal nail infection

For further details visit [www.curanail.co.uk](http://www.curanail.co.uk)

Ask your pharmacist for advice

Always read the label



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# Understanding Fungal Nail Infections



# Curanail

5% Nail Lacquer  
Amorolfine

## The only once weekly OTC treatment for Fungal Nail Infections

### What is a fungal nail infection?

**A fungal nail infection is the most common nail complaint in the UK, affecting fingernails and toenails.**

The body normally hosts a variety of microorganisms, including fungi. Although some fungi are useful to the body, others may multiply rapidly and form infections.



Figure 1

Fungal nail infections can be painful and many people find them an embarrassing and unsightly problem. If left untreated, the infection can spread to other nails and in severe cases can lead to loss of the nail.

**Some of the key signs that a nail is infected include:**

- White, yellow or brown discolouration
- Thickening
- Build up of debris under the nail
- Scaliness
- Distorted shape
- Brittleness

### What causes fungal nail infections?

**Over 90% of fungal nail infections are caused by the same fungus that is responsible for athlete's foot.**

In the majority of cases, fungal nail infections are secondary to other fungal skin infections. Once nails are infected, the infection can spread to other nails or from person to person, e.g. by using shared towels or from communal bathing areas.

### Who gets fungal nail infections?

Anyone can develop fungal nail infections, but there are also certain factors which increase the risk of getting a fungal nail infection, including:

- Old age
- Sports such as running and swimming
- Smoking
- Jobs that involve a person having their hands or feet in water, such as life guards or people washing dishes
- Certain medical conditions such as psoriasis or circulatory problems

### How do I know if I have got a fungal nail infection?

Mild fungal nail infections can be easily identified by certain key symptoms. If you suspect you have a fungal nail infection, your local pharmacist can help confirm the condition and also help with treatment advice. Effective treatment for mild fungal nail infections is now available over the counter, which means that most cases can be properly treated without the need to consult a doctor.

### What is Curanail 5% Nail Lacquer?

**Curanail is a unique new treatment for fungal nail infections, available from the pharmacy.**

Curanail contains the active ingredient amorolfine, an effective antifungal agent previously only available on prescription. Curanail kills a wide range of different fungi that can cause nail infections. This means that, for many sufferers, Curanail can actually cure the infection. In addition, Curanail comes in the form of a nail lacquer (like a nail varnish) which only needs to be applied once a week. This combination of effectiveness and convenience makes Curanail a first choice over the counter treatment for mild fungal nail infections.

### Who can use Curanail 5% Nail Lacquer?

If you are aged over 18, you can use Curanail to treat mild fungal infection in up to two nails. The type of infection suitable for treatment with Curanail shows up on the upper half or sides of the nail, as illustrated in the picture (Figure 1).

### Who cannot use it?

**Curanail should not be used by:**

- those aged under 18
- women who are pregnant or breastfeeding
- anyone who has ever suffered an allergic reaction to amorolfine or any of the other ingredients in Curanail
- severe nail infections

If these apply to you, you should see a doctor or podiatrist. Diabetics, those with a weak immune system or people with poor blood circulation should check with their doctor or pharmacist before using Curanail.

For further details visit  
[www.curanail.co.uk](http://www.curanail.co.uk)