

## Genesis Plus

*A safe & effective treatment for toes & feet!*

Cutera Genesis plus is a medical grade Laser that successfully treats Onychomycosis (Nail fungus infections) and verrucae (Plantar Warts).

This leaflet provides information about the causes of Nail fungus and the available treatment options. The benefits, advantages and risks of each treatment will be discussed. It is advised that you discuss your medical condition and treatment with your doctor.

### What is Nail Fungus?

Nail fungus, also called Onychomycosis, is a common condition which effects up to 10% of the world population.

Nail fungus is caused by Dermatophytes, which are specialised organisms that thrive on keratin - the main compartment of your skin and nails.

The most common types of Dermatophytes are *Trichophyton rubrum*, *Trichophyton mentagrophytes* and *Candida albicans*. These little organisms (Fungi) are present everywhere in our daily lives and can pose a risk to every person. These opportunistic organisms will take advantage of disrupted immune, skin and nail barriers, after trauma like shoes, sport or injury.

### The Symptoms of Nail Infection

You may suffer from nail infection (onychomycosis) if you have one or more of the following symptoms:

- *Discoloured (yellow, orange brown) nails*
- *white spots, Yellow streaks under the nail or on nail surface*

- *Distorted or thickened nails*
- *Brittle, crumbly or ragged nail*
- *Nails separated from the underlying skin*
- *Build-up of debris (nail fragments, skin) under the nail*
- *Tenderness, sore throbbing sensation*

### Treatments available for Nail infections:

Current treatment options for nail infection include oral drugs, topical drugs and laser. No single treatment is effective in all patients and there are risks and benefits associated with each one. Be sure to discuss all your treatment options with your clinician or doctor.

**Oral drugs** can be very effective in eliminating nail infections and restoring clear nails. The drugs must be taken for 6 to 12 weeks and may cause side effects including headache, diarrhoea, upset stomach and skin rash. Serious side effects include risk of liver damage and heart failure. Weekly blood tests may be required to monitor liver function. These drugs are not used for patients in poor health or who have liver disease.

**Topical drugs** are less effective in treating nail infections and restoring clear nails. The drugs are applied directly to the nails daily for up to 12 months. In some patients, the drug is ineffective because it cannot pass through the nail to reach the infection. There are no significant side effects.

**Laser treatments** are effective in eliminating nail infections and restoring clear nails. Most patients experience at least some improvement.

### How does GenesisPlus work?

The light from GenesisPlus passes through the nail and the surrounding tissue. The laser light is absorbed by pigment in the fungi, which causes the pigment to heat, and this heat kills or damages the fungal organism. This can result in your nail growing normally.

### What can you expect?

The treatment involves passing the laser beam over the infected nails and surrounding skin. Your clinician will repeat this several times until enough energy has reached the nail bed. Your nail will feel warm during the treatment.

### Will the fungus come back?

Your nail infection should improve following treatment but you will need to continue with home care techniques to reduce recurrence of the infection as advised by your clinician. There is a chance of re-infection because the fungus is present everywhere in the environment.

### Wart Treatment

Unlike less powerful Podiatry lasers which simply burn the surface of the wart, the Genesis Plus laser delivers a high level of energy in one pulse. This shuts down the blood supply of the wart. Without a blood supply the wart simply dies. Averages of 1-3 visits are required with 4-6 weekly time frames. The treated area may feel a little tender to touch for about 12-24hours after the treatment.

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<b>TREATMENT SESSION TIME</b>	A single treatment session takes approximately 20 minutes to treat 5-10 nails Treatment times will vary, so please ask your doctor for more information
<b>NUMBER OF TREATMENTS</b>	Most patients show improvement after one treatment. The required number of treatments will vary depending on how severely each digit is infected.
<b>BEFORE THE PROCEDURE</b>	It is important to remove all nail polish and decorations the day before the procedure.
<b>DURING THE PROCEDURE</b>	Most patients describe the procedure as being comfortable with a small hot pinch at the end that resolves quickly.
<b>AFTER THE PROCEDURE</b>	Immediately following the procedure your nail may feel warm for a few minutes. The majority of patients can resume normal activities immediately.
<b>LONG TERM</b>	If the treatment is successful, as the nail grows you will see new, healthy nail. Nails grow slowly, so it may take up to 12 months to see an entirely clear nail.



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Dermal Clinician



**CUTERA**®

genesisplus™

A safe, effective treatment for  
toes and feet



### PRICING

<b>Fungal TX</b>	
1 foot/ hand/ up to3 Nails	\$120
both feet/ hands/more than 3 Nails	\$220
<b>Wart Treatment</b>	\$90-300

## Onychomycosis

(Nail Fungus)

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## Wart Treatment