

## Onychomycosis - Dermatophyte Infection of the Fingernails and Toenails

### Topical treatment

Drug	Dose	Duration	Notes
5% amorolfine nail lacquer	Apply once weekly	Fingernails: 6 months  Toenails: 9–12 months (review at 3 monthly intervals)	File down nail surface as much as possible.  Clean and degrease surface of nail with an alcohol cleaning pad.  Apply nail lacquer to entire surface of affected nail(s) using supplied spatula.  Allow to dry for 3-5 minutes.  Filing and cleansing of the nail should occur before each application.  Do not apply nail varnish over the lacquer.

### Oral treatment : 1<sup>st</sup> choice

Terbinafine	250mg every 24 hours	6 weeks to 3 months depending on severity of infection and nail growth	Not recommended in patients with active or chronic liver disease.  Pre-treatment LFTs should be performed. If prolonged treatment is required, repeat LFTs after 4-6 weeks is recommended.  Some toenail infections may take more than 6 months to clear.
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### Oral treatment : 2<sup>nd</sup> choice

Itraconazole* – continuous therapy	200mg every 24 hours	Fingernail – 6 weeks  Toenail – 12 weeks	Take capsules immediately after a meal for maximum absorption.  Not recommended in patients with active or chronic liver disease.
OR Itraconazole* – pulse therapy	Fingernail: 200 mg every 12 hours for one week per month	Fingernail: 2 months	If treatment is for longer than one month then pre-treatment

	Toenail: 200 mg every 12 hours for one week per month	Toenail: 3 months	LFTs should be performed and then monitored.  Avoid itraconazole (and all oral azoles) in pregnancy*
* Women of childbearing potential taking itraconazole should use contraceptive precautions. Effective contraception should be continued until the menstrual period following the end of itraconazole therapy.			