

Laser plus topical antifungal effective for onychomycosis

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(HealthDay)—Fractional carbon dioxide laser therapy combined with

topical antifungal is effective in the treatment of onychomycosis, according to a study published in the May issue of the *Journal of the American Academy of Dermatology*.

Anil Kumar Bhatta, M.D., from Shanghai Tongji Hospital, and colleagues evaluated the clinical efficacy of fractional carbon dioxide laser-assisted topical therapy for onychomycosis in 75 [patients](#) with 356 onychomycotic nails (confirmed by mycologic examination). Three sessions of laser therapy at four-week intervals and once-daily application of terbinafine cream for three months were prescribed for all affected nails.

The researchers found that three months after treatment, 94.66 percent of treated patients were potassium-hydroxide-negative and 92 percent were culture-negative. However, at six months of follow-up only 84 percent and 80 percent were potassium-hydroxide- and culture-negative, respectively. Of the 73.33 percent of patients who scored higher than 6 on the Scoring Clinical Index for Onychomycosis electronic calculator, 98.18 percent showed response to treatment at three months and 78.18 percent at six months.

"Fractional [carbon-dioxide laser therapy](#) combined with topical antifungal was found to be effective in the [treatment](#) of onychomycosis. However, randomized clinical studies are needed before it can be widely used in clinics," the authors write.

More information: [Abstract](#)
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