

Foot & Ankle Center of Washington

Laser Treatment of Toenail Fungus

Financial Information

Insurance Coverage

Insurance companies consider laser therapy a cosmetic procedure and do not cover the service. Most insurance carriers will, however, cover your initial visit for evaluation and diagnosis of your nail problem.

Cost

Our philosophy is to keep the cost as low as possible and include all treatment in your initial fees so there are no surprises. The most effective outcomes are achieved with a total of three treatments of all 10 nails. All three treatments are included in the total cost of \$590. This does not include the initial evaluation visit. The evaluation visit can be billed to your insurance and normal co-pays will apply. If you do not have insurance coverage for this visit the cost is \$109.

When is Payment Due?

Payment in full is required before the treatment is administered.

If it is determined you have a fungal infection, you will schedule an appointment for the laser procedure and pay a \$150 down payment. This is refundable if you give a 48 hour cancellation notification. It will also not be lost if you reschedule within 24 hours of your appointment. The remaining \$440 is due at the time of the first laser appointment, before the treatment is administered. If you fail to show for the appointment the down payment is forfeited.

Payment Options

Cash, credit cards or debit cards are accepted. You may also use your medical IRA, Health Savings or Flexible Spending Account.

Annual Prevention Session

People who get onychomycosis usually have inherited an immune system that does not fight this fungus very well. Thus, reinfection is not uncommon. Many patients return once per year for a preventative laser session. The cost of this session is currently \$290 for one treatment session of all 10 toes. This is available only to patients who have undergone a full three treatment session with us in the previous 48 months.

Reinfection

If the nails become infected again and a full course of treatment is required, then standard three-session treatment charges apply.

ACKNOWLEDGMENT

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS FINANCIAL FORM FOR LASER TREATMENT AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION

Signature-Patient or Guardian

Date _____

Print Name/Relationship

Pre & Post Care for Onychomycosis Laser Treatments

For best results please follow these instructions

Before your treatment:

- Remove nail polish
- Trim your nails and clean them thoroughly with a **nail brush**
- Spray all shoes with **anti-fungal spray or disinfectant (Lysol)**. Alternatively, you can use a **Steri-Shoe Shoe Sanitizer**. (available at www.footankle.com/prevent-nail-fungus.htm)
- Do not apply topical or antifungal cream or powder for 2 days prior to treatment
- **Do not apply topical tanners (self-tanner or professional tanner) for 4 weeks prior to treatment.**
- Bring clean socks with you to your treatment
- We will provide you with two prescriptions, please fill them prior to your appointment:
 - **Cicloporix Nail Lacquer** (to apply to the nails)
 - **Cicloporix Cream** (to apply to the skin of the feet)

After your treatment, to help prevent re-infection:

- Wear clean socks/shoes after treatment
- Wash sheets, disinfect shower/bath and vacuum carpets day of treatment
- Apply **Cicloporix anti-fungal cream** to entire sole of foot, in between and on top of every toe twice a day for approximately 3 weeks (severe athlete's foot infections may require longer). We recommend ciclopirox cream, for which we will provide a prescription. Alternatively, you can use Lamisil (Terbinafine) cream, which is OTC.
- Apply **Ciclopirox Nail Lacquer** to toenails daily as instructed.
- Apply anti-fungal powder or spray to all shoes at least once a week. Alternatively you can use a **Steri-Shoe Shoe Sanitizer**.
- Do not walk barefoot in public places (pool, gym, etc.)
- Keep nails trimmed and cleaned (disinfect instruments after each use)
- Nail polish may be applied 24 hours after treatment. We recommend **Drs Remedy Nail Polish**, which includes ingredients that might be anti-fungal. **Do not use nail polish if you are using Ciclopirox Nail Lacquer.**
- Toenails will take 9-12 months to grow out. Severely infected nails may take longer
- Return for your follow-up treatments. Second treatment is performed 3 months after the first and the 3rd treatment is performed 6 months after the first treatment.
- People who get onychomycosis usually have inherited an immune system that does not fight this fungus very well. Thus, reinfection is not uncommon. Many patients return once per year for a preventative laser session.
- Notify clinic of any concerns
- Additional instructions: _____

Toenail History

If you have thick, discolored or fungal toenails that you wish to have evaluated, please complete the following:

Patient Name: _____ Date: _____

How long have you had thick / discolored / fungus toenails? _____

Which nails are affected? (circle any toes that are affected)

Right: 1(big toe) 2 3 4 5 (little toe)

Left: 1(big toe) 2 3 4 5 (little toe)

Has it spread from one area to another? No Yes (please describe spread):

Have you ever had a sample of your nails sent for laboratory confirmation of fungal infection?

Yes No If yes, what were the results: Positive Negative

What have you tried to get rid of the fungal toenails?

Prescription topical medication Non-prescription topical medication

Oral medication Laser therapy

List medications:

Did the treatment help?

No, there was no improvement

Yes, there was partial improvement

Yes, there was temporary improvement, but the fungus returned

Other: _____

Do you have any close family members who have thick or fungal toenails?

No Not sure Yes (who?) _____

Do you have Diabetes? Yes No If so, please describe current treatment:

Do you have neuropathy (numbness) affecting the feet? Yes No

Do you have any diseases or take any medications that weaken your immune system? Yes No

If so, what?

Have you been diagnosed with circulation problems affecting your feet or legs? Yes No

Describe:

Are you pregnant or likely to become pregnant during the next 6 months (laser treatment is contraindicated in pregnant women)? Yes No I'm a dude

Have you ever had skin cancer on your feet? Yes No

Diagnosis of Nail Fungus (Onychomycosis)

Although many people think that all thick toenails are caused by fungus, there are actually many causes of thick toenails. Before we can adequately treat your thick or discolored nails, we must first have an accurate diagnosis.

Causes of thick and discolored nails include:

- **Nail fungus**
- Trauma to the nail
- Shoe pressure on the nail
- Poor circulation
- Some disease conditions. For example, psoriatic arthritis can cause nail changes

Diagnosis of Fungal Nails

After doing a history and examination to help determine the cause of your nail changes, we may get a lab test. This involves taking a small sample of the nail and having it examined in the lab under the microscope. The test is called a **Periodic Acid-Shiff (PAS)** test which involves a stain that turns any fungi red. This will also help identify the exact type of fungi present so that we can offer you the most effective treatment.

Why is the lab test important?

If you are considering **laser treatment for your fungal nails** we don't want you paying for treatment if it will not be effective. Sometimes visual examination of the nail is adequate to diagnose toenail fungus, but many times it is not. This test will help us determine if your nail changes are due to fungus and whether the laser is likely to be effective for you.

Lab Test Cost and Insurance Coverage

We use D-PATH Dermatopathology to perform our nail fungus tests. They will charge your insurance approximately \$165 for the testing. If D-PATH has a contractual relationship with your particular insurance plan, you will be responsible for co-insurance and deductible amounts as determined by your insurance carrier. In the event that they do not participate in your plan's network, they will accept what they determine as the reasonable and customary fee. You will be responsible for any co-insurance or deductible amounts determined by your insurance carrier.

D-PATH will accept as full payment 100% of Medicare's allowed amount for a test. If Medicare pays less than the full amount of the allowed amount for any reason (for example, the policy only pays 80%, the co-insurance or deductible has not yet been met) you may be responsible for the difference between the allowed amount and the amount paid by Medicare. If you would like to check insurance coverage ahead of time you can contact your insurance carrier and ask them if they cover the following billing codes:

- **88312** This code is for the stain and prep of the nail sample
- **88305** This code is for the microscopic examination of the sample

You will also want to find out how much of your deductible has already been met.

No Insurance? Discount on Lab Services

If you are uninsured or the service is uncovered, D-Path will charge you a total of \$75 for the test. D-Path will bill you directly. You can contact D-Path at 866-957-0425.

Billing for the lab tests is a relationship between D-Path, you and your insurance carrier. If you have billing questions regarding the lab tests, contact D-Path Pathology Services directly at 866-957-0425

Out-of-Area Laser Toenail Patients

Because our laser nail treatment plan tends to provides better outcomes at less cost, we have a number of patients that travel to see us for laser treatment of their fungal nails. This page provides the information you will need to know if you are traveling for treatment.

In most cases we require an initial visit for diagnosis (to see if you are a good candidate for the treatment) before scheduling the first laser treatment. If you are traveling from a distance greater than a one-hour drive outside Seattle, however, we can schedule an extra-long appointment and perform your initial examination and the first laser treatment on the same day.

On this visit your appointment will likely consist of:

1. Examination and discussion of treatment options (including advantages and disadvantages of each, including the laser). This part of the visit can be billed to your insurance and if you have an insurance co-pay that must be paid prior to being seen.
2. The first laser treatment.

Deposit Required for Extra Long Appointments

Because we are scheduling an extra-long appointment, a \$150 credit card deposit is required to hold this appointment. This will be applied toward your laser treatment. If, after your examination, we feel you are not a good candidate for the laser treatment, the \$150 deposit can be applied toward your office visit, or will be refunded to you once insurance has paid for the visit.

Hotels

If you are traveling and plan to spend the night in Seattle, we recommend the Silver Cloud Hotel, only a one-minute drive from our office on Capitol Hill. If you want to stay in the heart of downtown Seattle and near Pike Place Market, we are less than 10 minutes from downtown where you can find many hotels.

Silver Cloud Hotel
1100 Broadway Seattle, WA 98122
Reservations: 800.590.1801
206.325.1400
www.silvercloud.com/seattlebroadway/