



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY FROM TINEA & SCABIES

1. Avoid scratching or washing with hot water to avoid further cross infection.
2. This is a highly infectious disease. All articles of clothing should be sterilised before re-use. Keep feet clean, shoes and socks should be washed every day and dried in the blazing sun.
3. During the treatment, the softened portion of the diseased-nail should be gently scraped with a clean blade, before using external drugs.
4. This disease is difficult to cure, It is necessary to continue treatment for at least 2 to 3 months, even if it appears to be cured, to avoid a relapse.

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