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Amorolfine

Dear Sir/Madam,

We are currently reviewing the use of topical Amorolfine/Trosyl/Phytex anti-fungal nail treatments in line with current NHS prescribing guidelines. We have therefore undertaken an audit of our prescribing and have identified that you have been prescribed this treatment for your fingernail/toenail infection.

Evidence suggests that these treatments offer limited clinical benefit to patients & are consequently not a cost-effective use of NHS funds. As a result, expert advice recommends self-care instead of prescribed treatment.

As a practice we will no longer be prescribing this treatment and have removed it from your repeat prescription.

We recommend you take the following measures avoid or reduce the risk of fungal nail infections.

- Avoid prolonged or frequent exposure to warm, damp conditions.
- Avoid damaging the nails.
- Keep nails trimmed short and filed down.

For toenail infections,

- Avoid occlusive footwear.
- Wear well-fitting shoes, without high heels or narrow toes.
- Maintain good foot hygiene (dry well after washing, wear fresh socks each day etc), treat any athlete's foot promptly & be meticulous with the hygiene of affected feet.
- Wear clean shower shoes when using a communal shower.
- Consider seeking treatment from a podiatrist if thickened toenails cause discomfort when walking.

- Consider spraying the inside of shoes with an anti-fungal powder spray, or dusting with anti-fungal talc (e.g., Daktarin Aktiv Spray, Scholl Anti-fungal Shoe Spray, Mycota Powder).

If you still wish to continue to use the amorolfine/ Phytex this can be purchased from pharmacies.

Please note that the recommended duration for treatment of fingernail infections is 6 months and 9–12 months for toenail infections. If treatment has not been effective in this period you should stop using it. Please speak to your pharmacist for further advice.

Yours sincerely