

## Nail Laser Therapy for Onychomycosis

### Policy

The purpose of this medical policy is to provide guidelines for the use of nail laser therapy in the treatment of onychomycosis. This policy is based on scientific evidence and peer-reviewed research.

### Background

Onychomycosis is a common fungal infection of the nail. It is caused by various types of fungi and can be difficult to treat. Traditional treatment options include topical and oral antifungal medications, which are often associated with low efficacy rates, long treatment durations, and potential adverse effects. In recent years, laser therapy has emerged as a potential alternative treatment for onychomycosis.

Nail laser therapy works by generating heat, which destroys the fungal cells. The procedure is non-invasive, painless, and requires no anesthesia. Several types of lasers are currently available for the treatment of onychomycosis, including the Nd:YAG, diode, and erbium:YAG lasers.

### Indications

Nail laser therapy may be considered medically necessary for the treatment of onychomycosis in individuals who have failed to respond to traditional treatment options or who are unable to tolerate systemic antifungal medications.

The use of nail laser therapy for onychomycosis should be based on the following criteria:

1. Confirmation of diagnosis: The diagnosis of onychomycosis should be confirmed by laboratory tests, such as fungal culture or microscopy.
2. Severity of the infection: Nail laser therapy may be considered for individuals with moderate to severe onychomycosis, defined as involvement of more than one nail or the presence of subungual hyperkeratosis.
3. Failure of traditional treatments: Nail laser therapy may be considered for individuals who have failed to respond to at least one complete course of topical or oral antifungal medication (or intolerance to such medications), recurrent after nail removal or refusal of such intervention.
4. Absence of contraindications: Nail laser therapy should not be performed in individuals with significant or disabling peripheral vascular disease or neuropathy.

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5. Use of appropriate laser: The choice of laser should be based on the type of onychomycosis, the location and extent of the infection, and the patient's skin type.
6. Number of treatments: The number of laser treatments required is usually 1 to 3 treatments for mild to moderate cases. More severe cases may require up to 5 treatments.

**Conclusion:**

Nail laser therapy may be considered as a safe and effective alternative treatment option for onychomycosis. The use of nail laser therapy should be based on confirmation of diagnosis, severity of infection, failure of traditional treatments, absence of contraindications, use of appropriate laser, and follow-up monitoring. Further research is needed to determine the long-term efficacy and safety of nail laser therapy for onychomycosis.

**A. References:**

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These references were selected based on their relevance and rigor in examining the use of nail laser therapy for onychomycosis.

**B. History:**

Created by: Howard Taekman, MD and Robert Sterling, MD  
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