

## EXCILOR®

### Excilor®: for the treatment of fungal nail infection

#### **What is fungal nail infection?**

Fungal nail infection (also known as onychomycosis) refers to infection of the toe or finger nails by fungi (dermatophytes). The infection usually starts at the rim of the nail, which turns whitish-yellow, brown or green. The fungus grows under or into the nail, causing the nail plate to thicken and crumble. Sometimes the nail becomes partially or completely detached, which can be painful. In some cases the nail is lost completely.

#### **How do you get fungal nail infection?**

Nails – most commonly toenails – are infected by fungus due to excess moisture, heat, perspiration or poor hygiene. Normally the nail plate is too thick for fungi to penetrate, but damaged nails can easily become infected. Shoes that are too tight and/or sweaty feet provide good growing conditions for fungi. Fungal infections are contagious and can be passed to other people (e.g. by using communal showers). Self-contamination is also possible: the infection can spread from one nail to another. Some people (diabetics, patients on corticosteroids, patients with compromised immune systems) are more prone to fungal infections. It is important to treat fungal nail infection as soon as possible: the smaller the infected area, the shorter the treatment period. Swift treatment can also prevent the infection from spreading to other nails.

#### **How do you prevent fungal nail infection?**

- Wash your feet regularly, preferably without soap. If soap is used, rinse your feet thoroughly afterwards to remove all traces of soap.
- Dry your feet thoroughly, especially between the toes.
- Wear clean cotton or woollen socks.
- Wear shoes that allow your feet to "breathe" and are not too tight. Change your shoes regularly.
- Use an antifungal product in your shoes.
- Wear sandals in areas where a lot of people walk barefoot, for example in communal showers, changing rooms and swimming pools.

### Excilor® is indicated for the treatment of nail fungus.

#### **How does Excilor® treat fungal nail infection?**

The most important constituent of toe and finger nails is keratin, which most anti-fungal preparations are unable to penetrate. In most cases fungi grow underneath the nail, which makes it difficult to treat.

Excilor® controls the micro-environment of the nail by acidifying the nail bed. Excilor® is able to penetrate the nail, so the nail is treated from the inside out.

It usually takes a few months before an affected nail looks completely healthy again. On average, a toenail grows 1.5 mm in one month.

Excilor® immediately lowers the pH of the nail, creating an environment that is hostile to fungal growth. However, the damaged nail needs time to grow out.

The efficacy of Excilor® has been proven in clinical trials.

#### **Instructions for use**

Clean the nail and remove nail polish if present.

Use the pen-shaped applicator to coat the whole nail and the underside of the nail rim with the product. Apply generously.

Allow the nail to dry (1 to 2 minutes) before putting on socks and/or shoes. This allows the product to penetrate the nail. Following application, it is quite normal to feel a tingling sensation under the nail; this shows that the product has penetrated the nail.

Apply to the infected area twice a day (once in the morning, once in the evening). For a good result, treat the infected area for a minimum of three months. It is best to continue the course of treatment until the nail has recovered completely.

Do not press down hard on the applicator when applying the product.

Make sure the applicator is fully closed after each treatment to prevent evaporation.

The applicator contains approximately 400 applications.

#### **Side-effects**

Burning sensation, itching, or mild, localised pain.

If symptoms persist or worsen, consult your pharmacist or GP.

#### **Precautions**

For external use only.

Do not use if you are hypersensitive or allergic to any of the ingredients.

Avoid all contact with eyes and mucous membranes. If the product comes into contact with eyes or mucous membranes, rinse thoroughly with water.

No clinical data are available on use of the product by children, or by pregnant or breast-feeding women.

Do not use the product after its expiry date.

#### **Storage conditions**

Store at room temperature and keep away from heat or direct sunlight.

Keep out of the reach of children and animals.

Do not burn discarded applicators.

#### **Ingredients**

Ethyl lactate, aqua (water) (7%), acetic acid, penetration enhancer, film-forming agent, preservatives (contains no parabens).