



## **Vicks Vapor Rub Treatment for Fungal Toenails**

Vicks Vapor Rub is not FDA approved for the treatment of onychomycosis (fungal toenails). The most effective treatment for this problem is oral antifungal therapy.

Dr. Lowinger has seen improvement with application of Vicks Vapor Rub in certain situations.

If you have not seen a podiatrist, it is important to have your nails evaluated before starting treatment. Thickening and discoloration of toenails can occur due to systemic disease, trauma, and even cancer. Your toenail problems might not be caused by a fungal infection.

Dr. Lowinger has seen best results when Vicks Vapor Rub is applied under occlusion. The best way to do this is to put a piece of plastic wrap over the toes and a sock over that at night. No need to apply during the day.

It will take several months for the effect to be seen. This will present as a band of clear nail at the base of the nail plate. If you do not see this after 3 months, it is not working.