



Patient Guide



If you have any questions,
please contact your podiatrist.



PACT® Nail Fungus Therapy
Photodynamic Therapy for nail fungus
using light.... safely and gently.

Photodynamic Antimicrobial Therapy for the treatment of Onychomycosis

Onychomycosis is a fungal infection of the nail and is estimated to affect up to 1.6 million Australians. ^{1,2}

Two currently available treatments include antifungal nail lacquers that are applied daily/weekly and prescribed oral medications.

It can be frustrating to have to apply the lacquers daily/weekly especially considering it takes at least 3 months to see improvement, given the slow growth of toenails.

Furthermore, prescribed oral medications can interact with other drugs and can produce adverse effects making them unsuitable for some people.



1. Welsh O et al. Onychomycosis, Clin Dermatol 2010 28(2): 151-9
 2. Elewski BE. Onychomycosis: Pathogenesis, Diagnosis, and Management, Clinical Microbiology Reviews, July 1998, Vol 11, No 3:415-429
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Treatment with ●●●PACT^{MED}

Example of Treatment Progress



Initial Consultation

5 weeks post treatment

11 weeks post treatment

What is PACT?

PACT is an abbreviation and a scientific term that stands for Photodynamic Antimicrobial Therapy. With this method, bacteria, viruses and fungi can be killed off effectively on skin surfaces and nails without pain.

How does it work?

Micro organisms including bacteria, viruses and fungi all possess a cell wall, whereas typical human cells only have a cell membrane. Upon application of the PACT Fungal Nail Gel, the dye selectively targets the fungal cell walls making them sensitive to light.

The fungal cells can then be destroyed upon exposure to light of a specific wavelength. This results in a chemical reaction that kills targeted cells without harming healthy tissue.

How many treatments? ●●●PACT^{MED}

This is ultimately determined by your Podiatrist, taking into account the length of time that you have had the infection as well as the severity.

A typical treatment plan is

- Nail preparation consisting of mechanical/chemical debridement of the affected nail/nails
- Application of photosensitising gel
- Application of the light source
- Initial treatment regime includes 3 separate applications of PACT with the frequency determined by your Podiatrist
- Review between 1-3 months after completion of treatment
- Periodic treatments to prevent re-infection as the nail grows

Please Note

Only for use by a qualified medical practitioner.

Tips to prevent re-infection include

- Thoroughly dry feet after bathing
- Apply a topical antifungal solution daily
- Rotate shoes regularly to allow them to air and dry
- Apply an antifungal powder or spray to rid shoes of fungus
- Wash hosiery in hot water and even apply an antifungal solution to the washing cycle
- Wear thongs in public showers and at swimming centres
- Wear socks that contain silver
- Disinfect shower floor
- Minimise micro trauma to the nails (which makes you more susceptible to infection) by ensuring correct shoe fit
- Don't share nail clippers

Please Note

It is essential for successful PACT Treatment to prevent reinfection.
