

Although it may be unpleasant to look at - and even less fun to admit to others - getting toenail fungal infections is easy and nothing to be ashamed of. Fungus likes to grow in warm, dark, humid places, and since our feet barely see the light of day thanks to our socks and shoes, fungus can sneak up on us without an obvious warning - until it's too late. Unhygienic, uncomfortable, and uneasy on the eyes, toenail fungus can lead to serious health concerns if not treated early on, and the best way to eradicate it is by seeking professional help. If you have or suspect you may have a fungal infection, this should be your first course of action, as some infections can be very difficult to treat on your own. However, prescribed pharmaceuticals require months to take effect, and although there is no solid scientific proof that vinegar cures toenail fungus, there have been numerous accounts of it slowing down the fungal growth and lessening certain symptoms - that is, if the infection is not too severe. People choose vinegar as their go-to fungus remover because of the diluted anti-bacterial acid in vinegar, which helps to kill unwanted infections and restore proper pH levels. In other words, it's an ideal natural remedy, almost custom-fit for the soak, trim your toenails and ensure that your feet are completely dry. Then choose any kind of vinegar, white vinegar, apple cider vinegar, or another kind - although, the better. Take the container in which you'll be soaking your feet and fill it half with hot water. If you soak your feet in the evenings, you can add a bit of tea tree oil, which is used to cure athlete's foot. Soak your feet in the solution for 10 to 15 minutes twice a day, but never for more than 30 minutes and never more than four times a week, since the acid in the vinegar can irritate the skin. Once you are done, make sure to dry your feet completely before putting on socks or shoes. You should begin to see a difference after a few weeks, depending on the severity of the infection. As the nails start to grow, keep trimming and filing them down until most of the infected part is gone. Always thoroughly clean your utensils and the area where you soak your feet. Seek medical attention if the symptoms do not improve or if they get worse. What Are the Symptoms of Toenail Fungus? Some of the symptoms include: Thick nails Yellow lines running vertically along the nail A strange odor coming from the nail Black or yellow spots under the nail Black or yellow spots Nails falling off (in extreme cases) Brittle nails Yellow spots under the nail Black or yellow spots Nails falling off (in extreme cases) Brittle nails Yellow spots under the nail Black or yellow spots Nails falling off (in extreme cases) Brittle nails Yellow spots Yellow spots Yellow worked for you, here are some tips to help you avoid toenail fungus from returning: After buying new shoes, especially if you don't know the previous owner - and especially if you are not sure if they had or have a fungal infection. If they are not the kind of shoe that can be washed or if you need to wear them immediately, spread some talcum powder on the inside of your shoes. Be sure to invest in an anti-fungal foot spray, as you might find at a local pharmacy, and coat the inside of your shoes after they've been washed. This will not only kill existing fungus but also help treat your feet against lingering infection. As soon as you notice that your nails are a little discolored, too soft, too thick, or have white, yellow, or black flakes, go to a doctor. It is better to catch the condition early rather than waiting for it to spread or grow worse. Unlike some illnesses, infection is not the kind you can wait out. If you don't already, begin using sandals while showering. The dirt and grime you wash off your body can stay in a puddle that gathers at the bottom of your shower. If your shower. It may seem like a stretch to take preventive measures in your own bathtub, but as was mentioned before: fungal infections can sneak up on you when you least realize it. Wear socks constantly. If you've walked barefoot around your home while the infection was present - even without your knowledge - you can then be in constant danger of contracting it once again. Be sure to mop or vacuum thoroughly, but for the first month, wear socks actively to prevent the fungus from returning. Have you tried using vinegar for toenail fungus? Don't let summer be a flop because of toenail fungus. Dr. Scott Walter, a board-certified dermatologist near Denver, is sharing two home remedies for the common but mortifying occurrence of mold under toenails. He suggests soaking feet in a blend of equal parts white vinegar, yellow Listerine and water twice a week for 15 minutes and using Vicks VapoRub daily. Dr. Scott Walter is sharing two home remedies for toenail fungus — a vinegar/Listerine soak blend and Vicks VapoRub. TikTok / @denverskindoc "Try these two methods!" Walter posted on TikTok last week. "But remember toe nails grow slow so 6-12 months is needed to complete treatment." Listerine contains menthol and thymol, which boast antifungal properties, according to Healthline. Walter prefers the yellow version, claiming the green and blue kinds can stain your tub. lacking, but there have been anecdotal reports of their effectiveness. Dr. Abigail Waldman - a dermatologist at Harvard-affiliated Brigham and Women's Hospital - recommends mixing one part white or apple cider vinegar with three parts warm water and soaking toes for up to 40 minutes at a time. You can substitute Listerine for vinegar. Waldman warns of increased exposure to fungi in the summer, from getting a pedicure or walking barefoot in locker rooms, spas or near swimming pools. "Feet are more likely to be sweaty and damp, which provides a better environment for the fungi, yeasts and molds that are naturally present on your skin to flourish," Waldman said in the Harvard Heart Letter last year. Prescription drugs such as Lamisil and Sporanox have shown to be effective in treating toenail fungus, but side effects can include diarrhea, stomach pain, mood changes and rarely, liver damage. Getty Images As for Vicks VapoRub, UCLA physicians say it contains camphor, eucalyptus oil and menthol, which may curb the growth of certain fungi. One small study found that Vicks VapoRub "seems to have a positive clinical effect" in treating nail fungus. Prescription drugs such as Lamisil and Sporanox have shown more success on this front than creams and gels, but side effects can include diarrhea, stomach pain, mood changes and rarely, liver damage. Meanwhile, Walter's followers thanked him for the advice and shared some go-to remedies of their own. "[Tea] tree oil fixed mine," another bragged. Toenail fungus, scientifically known as onychomycosis, is more than just a cosmetic concern—it can cause discomfort, discoloration, and thickened nails that are challenging to manage. While many over-the-counter treatments and prescription medications exist, some people are turning to natural remedies like white vinegar for relief. But does this pantry staple hold the key to healthier nails? Let's dive deep into the science and practicality behind using white vinegar for toenail fungus. What is Toenail Fungus and Why Is It So Stubborn? Toenail fungus is caused by a type of fungus shoes and public locker rooms. Once they infect your toenails, they can lead to symptoms like Yellow or brown discoloration Brittle or crumbling nails Thickened nail beds A foul odor in severe cases The stubborn nature of toenail fungus stems from its ability to hide beneath the nail, making it hard for topical treatments to penetrate. This is where white vinegar comes into the picture. Why White Vinegar? White vinegar, also known as acetic acid, is a household staple famous for its antimicrobial and antifungal properties. While its use for cleaning and cooking is well-known, it's also touted as a natural remedy for certain skin and nail conditions. Here's why white vinegar can alter the pH levels around your nails, making it inhospitable for fungal growth. Antifungal Properties Studies suggest that acetic acid has mild antifungal effects, which can help slow down the spread of the fungus. Soothing Effect Vinegar soaks can soften the affected nails and surrounding skin, reducing discomfort and making it easier to trim thickened nails. How to Use White Vinegar for Toenail Fungus?
Before jumping into any home remedy, it's important to approach it with the right method and is easy to do at home. What You'll Need 1 cup of white vinegar 2 cups of warm water A basin or tub Instructions Mix the white vinegar and warm water in a basin. Soak your feet for 15-20 minutes daily. Pat your feet dry thoroughly after soaking, as moisture can promote fungal growth. Pro Tip: If the solution feels too harsh, dilute the vinegar with more water or alternate days to prevent skin irritation. 2. White Vinegar and Baking Soda Paste For a more targeted approach, you can create a paste to apply directly to the affected toenail. What You'll Need 1 tablespoon of white vinegar and baking soda into a thick paste. Apply it to the infected nail and let it sit for 10-15 minutes. Rinse thoroughly and dry the area. This method combines vinegar's antifungal properties with baking soda's ability to neutralize odors and exfoliate dead skin. 3. Direct White Vinegar Application If you don't have time for a soak, applying white vinegar Adhesive tape Instructions Soak a cotton ball in white vinegar. Place it on the infected nail and secure it with adhesive tape. Leave it on for 20-30 minutes, then remove and dry your nail. Benefits of Using White vinegar is far cheaper than most antifungal creams or prescriptions. Readily available: It's easy to find in any grocery store, making it accessible for everyone. Gentle on skin: Unlike some harsh chemical treatments, diluted vinegar is generally safe for skin (although sensitive skin types should proceed with caution). Potential Drawbacks of White Vinegar While white vinegar can be a helpful home remedy, it's not a miracle cure. Here are a few limitations to keep in mind Time-consuming: Results are not instant; consistent use over several weeks is necessary. What Does Science Say About White Vinegar's effectiveness against toenail fungus is limited, but the existing studies are promising. A 2015 study on acetic acid's antifungal properties found that it could inhibit fungal growth in lab settings. However, more clinical trials are needed to confirm its effectiveness for toenail fungus specifically. That said, anecdotal evidence and centuries of traditional use suggest that white vinegar may be a viable natural remedy when used consistently. Tips to Prevent Toenail Fungus Whether you're using white vinegar or another treatment, prevention is key to long-term success. Here's how you can minimize the risk of toenail fungus Keep your feet dry: Fungus thrives in moisture, so always dry your feet thoroughly after showers or swimming. Wear breathable shoes: Choose footwear made of breathable materials to prevent sweat buildup. Change socks regularly: Avoid wearing the same socks two days in a row, especially after exercise. Use antifungal sprays or powders: These can help keep your shoes and feet fungus-free. Trim nails properly: Keep your toenails short and straight to prevent dirt or fungus from getting trapped. Conclusion While white vinegar isn't a guaranteed cure for toenail fungus, it's a natural, affordable, and easily accessible option worth trying especially for mild infections. Its antifungal properties and ability to create an acidic environment can help curb fungal growth when used consistently. However, patience is key with this remedy, as visible improvements may take weeks. For more severe cases or if you don't see progress, don't hesitate to seek professional medical advice. Have you tried white vinegar for toenail fungus? Share your experience in the comments belowwe'd love to hear what worked (or didn't work) for you! It's monsoon, and we know for a fact that fungus loves moisture! Fungal infections can pop up anywhere. Even your toenails are not spared. In fact, a research published by National Library of Medicine revealed that fungal infections are reported to cause 50 percent of nail conditions in people who have been seen by dermatologists. Also, going by online searches like what kills toenail fungus fast, we can safely say that it is a problem that bothers a lot of people. There are many home remedies for toenail fungus. Soaking feet in vinegar or apple cider vinegar for toenail fungus! To help you decide, Health Shots consulted Dr Vaishali Lokhande, Consultant, Internal Medicine, Apollo Hospitals, Navi Mumbai. Toenail fungus is quite common. Image courtesy: Adobe StockWhat is toenail fungus? Toenail not pretty as it typically starts at the edge or the base of the nail and gradually spreads, leading to thickening, discolouration, brittleness and sometimes a foul odour. Causes of toenail fungusThe most obvious cause is poor hygiene. If you are not keeping your feet clean and dry, wearing dirty or sweaty socks, and using unclean footwear, it can all create a comfortable environment for fungal growth. Toenail fungus can be caused by more factors. Let's check them out!1. Fungal overgrowthFungi thrive in warm and moist environments, such as public swimming pools, gyms and showers. Walking barefoot in these areas can increase the risk of fungal infection, says Dr Lokhande.2. Damaged nailsInjuries or trauma to the toenails, such as cracks or separation from the nail bed, can allow fungi to enter and cause an infectionsAlso read: to help manage toenail fungus due to its acidic properties. They can create an unfavourable environment for fungi. White vinegar or apple cider vinegar may help to get rid of Image courtesy: ShutterstockHere's how to use it: • Mix equal parts of white vinegar and warm water in a tub. • Soak the affected foot or feet in the solution for 15 to 20 minutes. • After soaking, dry your feet, including your toenails properly. The expert suggests to do this once or twice every day for several weeks or until improvement is seen. Apple cider vinegar for toenail fungus Apple cider vinegar is another home remedy that people believe in for toenail fungus treatment. Like white vinegar and dilute it with an equal amount of warm water. • Soak the affected foot or feet in it for 15 to 20 minutes. Thoroughly dry your feet. Repeat this process once or twice daily for several weeks. White vinegar or apple cider vinegar to kill toenail fungus, but there is no clear scientific evidence to demonstrate the superiority of one over the other, says the expert. The acidic nature of both vinegars might create an inhospitable environment for fungi. Some people might have personal preferences or anecdotal experiences the other, but it is important to remember that these remedies might not work for everyone. The expert says that vinegar might aid therapy, but it is not a complete treatment in itself. Ways to treat toenail fungusOver-the-counter antifungal creams, ointments, or nail lacquers containing ingredients such as clotrimazole, terbinafine, or ciclopirox are easily available. They can be applied directly to the affected nails. Here are some more ways to treat toenail fungus: 1. Oral antifungal medicationsIn cases of more severe or widespread toenail fungus, oral antifungal medications might be prescribed. Medications like terbinafine and itraconazole are to be taken for several weeks or months, says the expert. They help to eliminate the infected one.2. Surgical or procedural interventions like terbinafine and itraconazole are to be taken for several weeks or months, says the expert. particularly resistant or causes significant nail deformity or discomfort, your doctor might recommend a surgical or procedural intervention. This might involve partial or complete removal of the affected nail, laser treatment or photodynamic therapy. is to take preventive measures even after treatment is over so that you don't have to face toenail fungus again. That means keep your feet clean and dry, change socks regularly, wear well-ventilated shoes and avoid walking barefoot in public areas. Disclaimer: At Health Shots, we are committed to providing accurate, reliable, and authentic information to support your health and well-being. However, the content on this website is intended solely for informational purposes and should not be considered a substitute for professional medical condition or concerns. 18 Nov, 2024 · By Myrriel N. · Comments 18 Nov, 2024 · By Myrriel N. · Comments Many people turn to vinegar for toenail fungus as a natural remedy, hoping that a simple vinegar soak can kill the infection. But does it really work? In this article, we'll explore why vinegar might not be the best solution and the risks of delaying proper treatment. By understanding these risks, you can make an informed decision about the best way to restore your nail health. The idea behind apple cider vinegar as a remedy for toenail fungus is based on its acidic properties. Many people believe that soaking their nails in vinegar will create an environment where fungus cannot thrive. Why People Use It Searches for terms like "apple cider vinegar for toenail fungus" and "vinegar soak for toenail fungus" reflect the belief that this simple home remedy is an effective, natural cure. The Reality Unfortunately, while vinegar may slow down fungal growth, it isn't strong enough to penetrate the nail bed where fungal infections live. Without proper treatment, the infection can spread deeper, making it even harder to treat later. While vinegar might seem harmless, using it as a primary treatment Only: Vinegar only affects the top layer of the nail and skin, leaving the deeper infection untreated. Skin Irritation and Dryness: Extended soaking in vinegar can dry out your nails and the skin around them, leading to discomfort or even peeling. Delayed Proper Treatment: Relying on ineffective treatment. The longer you wait, the worse the infection can become. Many people who search for "natural remedies for toenail fungus vinegar" aren't aware that by delaying treatment, they risk making their nails more damaged and more difficult to heal. If you've tried vinegar and haven't seen real results, it may be time to reconsider
your approach. Ignoring the early signs of fungal infection can result in thicker, harder-to-treat nails, and may even lead to secondary infections. Now that you understand the risks of relying on vinegar, it's time to consider a better, safer option: Dermatool Fungal infection actually infection actually and may even lead to secondary infections. Now that you understand the risks of relying on vinegar, it's time to consider a better, safer option: Dermatool resides. Clinically Proven: Dermatool contains tolnaftate 1%, an FDA-approved antifungal ingredient that's clinically proven to treat and prevent fungal infections. Safe and Effective: Dermatool is free from harsh chemicals like parabens, sulfates, and formaldehyde releasers, making it a safe choice for long-term use. This is the product that people searching for terms like "does vinegar kill toenail fungus" should be looking into instead. It's proven to work, unlike vinegar, which only provides temporary relief. While home remedies like vinegar are popular, they are often based on myths rather than science. If you're dealing with toenail fungus, you need a solution that works. Dermatool is specifically formulated to kill the fungus at its source and restore your nails to health. Deep Penetration: Unlike vinegar, which stays on the surface, Dermatool penetrates into the fungus. Proven Results: Users of Dermatool penetrates into the fungus. While vinegar might seem like an easy, natural fix, it's not enough to fully treat toenail fungus. The risks of delaying proper treatment are real, and the longer you wait, the harder it becomes to restore your nails. For a safe, proven solution, choose Dermatool Fungal Nail Treatment and start seeing real results. Previous post Back to blog Next post Download Article Download Article Nail fungus refers to a fungal infection that starts underneath your toenails. It could cause discoloration, thickening, or crumbling on one or more of your nails. This is a frustrating problem, so you'll naturally want to get rid of nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar can't penetrate under the nail. You want to, but visit a podiatrist for further treatment if you don't see any results in 2 weeks. Mix 1 cup (240 ml) of warm water with 1 cup (240 ml) of white vinegar in a large bucket. Soak your feet in the solution for 10 to 20 minutes. Dry your feet thoroughly. Repeat soaking twice a day until symptoms improve. If you want to try treating your nail fungus with vinegar, then the best thing to do is soak your feet in the solution for 10 to 20 minutes. your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. You can still use more conventional treatments won't work very well. Take a clipper and trim your nail back as far as you can. This helps the vinegar reach the fungus and kill it. Don't try to cut your nail past where the white section ends. You could cut yourself. If you have trouble cutting your nail, try softening it with a urea cream first. This is a common cosmetic treatment for skin irritations, and is available at most pharmacies. Disinfect the clipper as soon as you're finished so you don't spread the infection. Soak it in isopropyl alcohol for 30 minutes to kill all the fungus. 2 Mix 1 cup (240 ml) each of warm water and white vinegar and warm water in, then stir them together. You could also use apple cider vinegar instead of white vinegar. Both contain similar amounts of acetic acid. Advertisement 3 Soak your foot for 10-20 minutes. Place your foot into the bowl and make sure the water covers your infected toe. Then keep it there for 10-20 minutes so the vinegar can soak into the fungus. If you have any cuts on your foot, the vinegar may sting a little. This isn't dangerous. 4 Dry your foot thoroughly when you're done. Fungus grows in moist conditions, so always dry your foot off as soon as you soak it. Take a clean towel and pat your foot dry before washing it because it could spread the fungus. 5 Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so it'll take a while. Soak your foot with vinegar and water twice every day. If you see some improvement after a few weeks, then you can continue. If you don't see any improvement, then see a podiatrist for further treatment. If your nail grows, trim it back again so the vinegar can reach the fungus. This could take several months to work. If you can't keep up with soaking your foot twice a day or the fungus doesn't seem to be getting better, then see a podiatrist instead. Advertisement Unfortunately, home remedies like a vinegar soak don't have a good record for treating nail fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus. Visit a podiatrist for an exam and follow their instructions to get rid of your nail fungus once and for all. 1 Apply an over-the-counter antifungal cream for an easy treatment. applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. Follow the directions and see if this helps the infection clear up.[2] Approved antifungal creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole. Keep your nails short so the cream can reach the fungus. Creams usually don't work as well for nail fungus because they can't penetrate the nail. Don't be surprised if you don't see much improvement and have to see a foot doctor.[3] 2 Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatment for nail fungus because it works internally. If your infection isn't clearing up with home treatments, then make an appointment with a podiatrist. The doctor will probably examine your toenail, then prescribe a medication to fight the fungus. Take the medication sinclude Lamisil and Sporanox. Don't stop taking the medication early. If you stop before all the fungus is dead, the infection could come back. At the initial appointment, the podiatrist may also trim your nail a bit to remove some of the fungus. This can help, but probably won't cure the infection entirely.[5] Antifungal medications can be powerful, so your doctor may want to test your blood periodically to make sure the levels in your system are correct. Too much could cause liver damage.[6] 3 Try medicated nail polish, usually Penlac, can soak through your nail and treat the fungus. In most cases, you brush it onto your nail and leave it there for a week. After that, you wash it off with alcohol and apply a fresh layer. Continue this application process for as long as the podiatrist prescribes. Follow the instructions that they provide. Advertisement While vinegar is a common home remedy for fungal infections, it doesn't have a lot of success against nail fungus. Since it can't penetrate underneath the nail, it can't kill the fungus. You can try it if you want to, but you might not see great results. If the infection doesn't show any improvement in a few weeks, then visit a podiatrist for a more conventional treatment. Even with creams and medications of it still might take a few months for the infection to clear completely, so use all these treatments exactly as the podiatrist tells you to for the best results. Add New Question I am allergic to powdered detergent. What can I use to wash my clothes? Zora Degrandpre, ND Natural Health Doctor Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National College of Natural Medicine in 2007. There are a number of natural, plant-based detergents available. Try using those. Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement Advertisement Thanks Advertisement Advertisement Advertisement Advertisement Advertisement Advertisement Adverti Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National Center for Complementary and Alternative Medicine in 2007. This article has been viewed 1,398,668 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,668 Categories: Featured Articles | Nail Health | Vinegar as a Health Aid Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 1,398,668 times. "I had nail fungus on both my toenails. I tried an antifungal from the pharmacy, but noticed my nails were becoming quite soft so stopped using it. Did not want to spend time soaking my feet every night, so used a dropper to apply undiluted white vinegar (5 - 10 drops on each nail) directly between the nail and the toe. I noticed the fungus stopped spreading and there was no more fungus. Toenail fungus? Toenail fungus can be an unsightly and uncomfortable condition that affects many people. If you're searching for a natural remedy, you may have come across claims that white vinegar can kill toenail fungus. But is there any truth to this claim? Let's take a closer look. Vinegar has long been used for its antimicrobial properties and is commonly found in many households. It is believed that the acetic acid present in vinegar can create an environment that is inhospitable to fungi, including the one causing toenail fungus, known as dermatophyte. However, it is important to note
that while vinegar may have some benefits, it is not a guaranteed cure for toenail fungus. When it comes to using white vinegar for toenail fungus, there are a few different methods you can try. One popular method involves soaking the affected toenails in a mixture of equal parts white vinegar and warm water for about 15-20 minutes daily. This is believed to create an acidic environment that can potentially hinder the growth of the fungus. However, it is important to be consistent and patient as it may take several weeks or even months to see any noticeable improvement. Yes, white vinegar may have some antifungal properties that can help combat toenail fungus. It creates an acidic environment that inhibits the growth of the fungus. It creates an acidic environment that inhibits the growth of the fungus. fungus? Vinegar contains acetic acid, which has antimicrobial properties. It can create an environment that is unfavorable for the growth of the fungus. 2. What type of vinegar is more commonly used, but apple cider vinegar or apple cider vinegar or apple cider vinegar or apple cider vinegar is more commonly used. often should I soak my feet? Soak your feet in the vinegar solution for 15-20 minutes daily. Consistency is key to potentially see any improvement. 4. Can I applying undiluted vinegar directly to the affected toenails? Yes, you can try applying undiluted vinegar directly to the affected toenails? effective compared to soaking the entire foot. 5. Are there any risks or side effects? Vinegar is generally safe to use, but some people may experience skin irritation or a burning sensation. If any adverse reactions occur, discontinue use and consult a healthcare professional. 6. Can vinegar completely cure to enail fungus? While vinegar may help inhibit the growth of toenail fungus, it might not completely cure the infection. It is best to consult a dermatologist for a proper diagnosis and treatment plan. 7. Can I combine vinegar with other natural remedies? Some people choose to combine vinegar with other natural remedies? of such combinations is not scientifically proven. 8. How long does it take to see results? Results may vary, but it often takes several weeks or even months of consistent use to see any improvement in the appearance of the affected toenails. 9. Can vinegar prevent toenail fungus? Using vinegar as a preventive measure for toenail fungus is not proven However, practicing good foot hygiene, such as wearing breathable shoes and regularly cleaning and drying your feet, may help reduce the risk of infection. 10. Are there any other home remedies for toenail fungus? Other home remedies of these remedies may vary, and it is best to consult a healthcare professional for personalized advice. 11. When should I see a doctor for my toenail fungus? If you have severe symptoms, such as pain, spreading of the infection, or underlying health conditions, it is recommended to see a dermatologist for appropriate diagnosis and treatment. 12. Can I use vinegar alongside prescription medications? It is important to consult your healthcare provider before combining vinegar may have some benefits in combating toenail fungus, it is not a guaranteed cure. It is best to consult a healthcare professional for proper diagnosis and guidance on the most appropriate treatment options. Additionally, practicing good foot hygiene and managing toenail fungus. Download Article Download Article Nail fungus refers to a fungal infection that starts underneath your toenails. It could cause discoloration, thickening, or crumbling on one or more of your nails. This is a frustrating problem, so you'll naturally want to get rid of nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar can't penetrate under the nail. You can try it if you want to, but visit a podiatrist for further treatment if you don't see any results in 2 weeks. Mix 1 cup (240 ml) of warm water with feet thoroughly. Repeat soaking twice a day until symptoms improve. If you want to try treating your nail fungus with vinegar, then the best thing to do is soak your foot in a vinegar-water mixture. Diluting the vinegar is important to prevent it from irritating your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. You can still use more conventional treatments. 1 Trim your nail back before soaking your foot. If your nail is covering the fungus, then topical treatments won't work very well. Take a clipper and trim your nail back as far as you can. This helps the vinegar reach the fungus, then topical treatments won't work very well. cut yourself. If you have trouble cutting your nail, try softening it with a urea cream first. This is a common cosmetic treatment for skin irritations, and is available at most pharmacies. Disinfect the clipper as soon as you're finished so you don't spread the infection. Soak it in isopropyl alcohol for 30 minutes to kill all the fungus. 2 Mix 1 cup (240 ml) each of warm water and white vinegar into a bowl. Find a bowl or bucket that you can fit your foot into. Pour both vinegar and warm water in, then stir them together. You could also use apple cider vinegar instead of white vinegar and warm water in, then stir them together. You could also use apple cider vinegar and warm water in, then stir them together. You could also use apple cider vinegar instead of white vinegar. Both contain similar amounts of acetic acid. Advertisement 3 Soak your foot for 10-20 minutes. Place your foot into the bowl and make sure the water covers your infected toe. Then keep it there for 10-20 minutes so the vinegar can soak into the fungus. If you have any cuts on your foot, the vinegar may sting a little. This isn't dangerous. 4 Dry your foot thoroughly when you're done. Fungus grows in moist conditions, so always dry your foot off as soon as you soak it. Take a clean towel and pat your foot dry before putting your shoes and socks back on. Don't use this towel again before washing it because it could spread the fungus. 5 Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so it'll take a while. Soak your foot with vinegar and water twice every day. If you see some improvement after a few weeks, then you can continue. If you don't see any improvement, then see a podiatrist for further treatment. If you can't keep up with soaking your foot twice a day or the fungus doesn't seem to be getting better, then see a podiatrist instead. Advertisement Unfortunately, home remedies like a vinegar soak don't have a good record for treating nail fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus. Visit a podiatrist for an exam and follow their instructions to get rid of your nail fungus once and for all. 1 Apply an over-the-counter antifungal cream for a local pharmacy and applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. Follow the directions and see if this helps the infection clear up.[2] Approved antifungal creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole. Keep your nails short so the cream can reach the fungus. Creams usually don't work as well for nail fungus because they can't penetrate the nail. Don't be surprised if you don't see much improvement and have to see a foot doctor.[3] 2 Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatments, then make an appointment with a podiatrist. The doctor will probably examine your toenail, then prescribe a medication to fight the fungus. Take the medication as directed for 2-3 months to clear the infection entirely.[4] Some common antifungal medication include Lamisil and Sporanox. Don't stop taking the medication entirely.[4] Some common antifungal medication as directed for 2-3 months to clear the infection entirely.[4] Some common antifungal medication entirely.[4] Some common entirely.[4] Some podiatrist may also trim your nail a bit to remove some of the fungus. 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If the infection doesn't show any improvement in a few weeks, then visit a podiatrist for a more conventional treatment. Even with creams and medications, it still might take a few months for the infection to clear completely, so use all these treatments exactly as the podiatrist tells you to for the best results. Add New Question Question Question I am allergic to powdered detergent. What can I use to wash my clothes? Zora Degrandpre, ND Natural Health Doctor Dr. Zora Degrandpre is a Natural Health Doctor Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National College of Natural Medicine in 2007. There are a number of natural, plant-based detergents available. Try using those. Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement Advertisement Thanks Advertisement Thanks Advertisement Advertisement Advertisement Advertisement Advertisement Advertiseme National Center for Complementary and Alternative Medicine. She received her ND from the National College of Natural Medicine in 2007. This article has been viewed 1,398,668 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,668 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,668 Categories: Featured Articles | Nail Health | Vinegar as a Health Aid Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 1,398,008 times. "I nad nail fungus on both my toenails. I tried an antifungal from the pharmacy, but noticed my nails were becoming quite soft so stopped using it. Did not want to spend time soaking my feet every night, so used a dropper to apply undiluted white vinegar (5 - 10 drops on each nail) directly between the nail and the toe. I noticed the fungus stopped spreading and there was no more fungus on new nail growth. It's been 6 months since and am almost fungus-free."..." more Share your story Download Article Download Article Nail fungus refers to a fungal infection that starts underneath your toenails. It could cause discoloration, thickening, or crumbling on one or more of your nails. This is a frustrating problem, so you'll naturally want to get rid of nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar can't penetrate under the nail. You can try it if you want to, but visit a podiatrist for further treatment if you don't see any results in 2 weeks. Mix 1 cup (240 ml) of warm water with 1 cup (240 ml) of warm water wa your nail fungus with vinegar, then the best thing to do is soak your foot in a vinegar-water mixture. Diluting the vinegar is important to prevent it from irritating your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. You can still use more conventional treatments. 1 Trim your nail back before soaking your foot. If your nail is covering the fungus, then topical treatments won't work very well. Take a clipper and trim your nail back as far as you can. This helps the vinegar reach the fungus and kill it. Don't try to cut yourself. If you have trouble cutting your nail, try softening it with a urea cream first. This is a common cosmetic treatment for skin irritations, and is available at most pharmacies. Disinfect the clipper as soon as you're finished so you don't spread the infection. Soak it in isopropyl alcohol for 30 minutes to kill all the fungus. 2 Mix 1 cup (240 ml) each of warm water and white vinegar into a bowl. Find a bowl or bucket that you can fit your foot into. Pour both vinegar and warm water in, then stir them together. You could also use apple cider vinegar instead of white vinegar. Both contain similar amounts of acetic acid. Advertisement 3 Soak your foot for 10-20 minutes so the vinegar can soak into the fungus. If you have any cuts on your foot, the vinegar may sting a little. This isn't dangerous. 4 Dry your foot off as soon as you soak it. Take a clean towel and pat your foot dry before putting your shoes and socks back on. Don't use this towel again before washing it because it could spread the fungus. 5 Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so it'll take a while. Soak your foot with vinegar and water twice every day. If you see some improvement after a few weeks, then you can continue. If you don't see any improvement, then see a podiatrist for further treatment. If your nail grows, trim it back again so the vinegar can reach the fungus. This could take several months to work. If you can't keep up with soaking your foot twice a day or the fungus. soak don't have a good record for treating nail fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus. Visit a podiatrist for an exam and follow their instructions to get rid of your nail fungus once and for all. 1 Apply an over-the-counter antifungal cream for an easy treatment. Specialized antifungal creams might work better than a vinegar soak. Try getting some from a local pharmacy and applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole. Keep your nails short so the cream can reach the fungus. Creams usually don't see much improvement and have to see a foot doctor.[3] 2 Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatment for nail fungus because it works internally. If your infection isn't clearing up with home treatments, then make an appointment with a podiatrist. The doctor will probably examine your toenail, then prescribe a medication to fight the fungus. Take the medication as directed for 2-3 months to clear the infection entirely.[4] Some common antifungal medications include Lamisil and Sporanox. Don't stop taking the medication early. 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Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement 1 This article was co-authored by Zora Degrandpre, ND. Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National College of Natural Medicine in 2007. This article has been viewed 1,398,668 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,668 Categories: Featured
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It's been 6 months since and am almost fungus-free."..." more Share your story Download Article Download Article Download Article Nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar can't penetrate under the nail. You can try it if you want to, but visit a podiatrist for further treatment if you don't see any results in 2 weeks. Mix 1 cup (240 ml) of warm water with 1 cup (240 ml) of white vinegar in a large bucket. Soak your feet in the solution for 10 to 20 minutes. Dry your feet in the solution for 10 to 20 minutes. Dry your feet in the solution for 10 to 20 minutes. mixture. Diluting the vinegar is important to prevent it from irritating your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. 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Fungus grows in moist conditions, so always dry your foot off as soon as you soak it. Take a clean towel and pat your foot dry before putting your shoes and socks back on. Don't use this towel again before washing it because it could spread the fungus. 5 Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so it'll take a while. Soak your foot with vinegar and water twice every day. If you don't see any improvement, then see a podiatrist for further treatment. If your nail grows, trim it back again so the vinegar can reach the fungus. This could take several months to work. If you can't keep up with soaking your foot twice a day or the fungus doesn't seem to be getting better, then see a podiatrist instead. Advertisement Unfortunately, home remedies like a vinegar soak don't have a good record for treating nail fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus once and for all. 1 Apply an over-the-counter antifungal cream for an easy treatment. Specialized antifungal creams might work better than a vinegar soak. Try getting some from a local pharmacy and applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. Follow the directions and see if this helps the infection clear up.[2] Approved antifungal creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole. Keep your nails short so the cream can reach the fungus. Creams usually don't work as well for nail fungus because they can't penetrate the nail. Don't be surprised if you don't see much improvement and have to see a foot doctor.[3] 2 Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatment for nail fungus because they can't penetrate the nail. it works internally. 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Zora Degrandpre, ND Natural Health Doctor Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Conter for Complementary and Alternative Medicine. She received her ND from the National Conter for Complementary and Alternative Medicine. number of natural, plant-based detergents available. Try using those. Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement Advertisement Advertisement Thanks Advertisement Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National College of Natural Medicine in 2007. This article has been viewed 1,398,668 times. 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