

Excilor®

For the treatment of fungal nail infection

Enriched with glycerol, nail care lipids and biotin

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 changes the nail colour to 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 may be painful. In some cases the nail will come away from the toe or finger.

How do you get fungal nail infection?

Nails – most commonly toenails – are infected by fungus due to excessive moisture, heat, perspiration or possibly poor hygiene. Normally the nail plate is too thick for fungi to penetrate. However, damaged nails can easily become infected. Shoes that are too tight and/or feet that perspire provide conditions for fungi to develop and spread. Fungal infections are contagious and can be passed to others (e.g. by using communal showers). Self-contamination is also possible: the infection can spread from one nail to another. Some people (diabetics, elderly, 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 period of treatment. Swift treatment can also prevent the infection from spreading to other nails.

How do you prevent fungal nail infection?

- Wash your feet regularly. If soap is used, rinse your feet thoroughly afterwards to remove all traces of the soap.
- Dry your feet thoroughly, especially between the toes.
- Wear clean cotton or woolen 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®** rapidly 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.

Excilor® is enriched with glycerol, nail care lipids and biotin

The nail plate has a structure that might be compared to a brick wall with the nail cells serving as “bricks” and the lipids between the cells as “cement”. Ageing has a significant influence on this nail plate structure and over time nails become drier and will contain less lipids. This increases the risk of infection. **Excilor®** is enriched with glycerol, a water attracting molecule. In addition it contains special nail care lipids and biotin. The combination softens, hydrates and nourishes the nail plate.

Instructions for use

Clean the nail and if wearing nail polish remove completely prior to using **Excilor®**. Use the applicator to coat the whole nail and the underside of the nail rim with the product. Ensure you apply **Excilor®** generously. Apply on nail only, avoid contact with surrounding skin. 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 fully.

Apply to the infected area twice a day (once in the morning and once in the evening). For best results, 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.

Available **Excilor**[®] preparations:

- Pen applicator containing 3.3 mL (approximately 400 applications)
 - Solution with brush applicator containing 3.3 mL or 7 mL
- Not all pack sizes may be marketed.

Side-effects

Burning sensation, itching or mild, localised pain. Isolated cases of nail detachment and blisters around the nail have been reported. Risk of sensitization for patients with hypersensitivity history to one or several ingredients of the formulation. If symptoms persist or worsen, stop treatment and consult your Pharmacist or GP. Please report suspected serious incidents with this product to the manufacturer **info@excilor.com**, as this is important for the continued monitoring of the benefit/risk balance of the product.

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 breastfeeding women.

Diabetics with foot problems should consult their doctor before using **Excilor**[®].

Do not use the product after its expiry date.

Storage conditions

Store below 30°C and keep away from heat or direct sunlight.

Keep out of the sight and reach of children and animals.

Do not burn discarded applicators.

Ingredients

Ethyl lactate, water, decylene glycol, dimethyl isosorbide, PPG-15 stearyl ether, acetic acid, Ethox. and acet. lanolin alc., Glycerol, Ammonium Methacrylate Copol., biotin (contains no parabens).



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