



## Allergies

prednisone - Other: Avascular Necrosis

## Medications

atorvastatin 10 mg Oral - tablet  
Frequency: Daily

## Medical History

None

## Podiatric Foot/Ankle Disease History

None

## Podiatric Foot/Ankle Surgical History

None

## Podiatric Foot/Ankle Family History

None

## Surgical History

Total replacement of left hip joint:  
June 4th, 2012  
Total replacement of right hip joint:  
March 26, 2012

## Social History

Patient feels safe at home

EtOH less than 1 drink per day  
Occupation: Business Broker. Work mostly out of my home.  
Place of Residence: My home.  
Smoking status - Unspecified  
Driving status:  
Drives in the Daytime  
Drives at Night

## Chief Complaint: Toenail Dystrophy

**HPI:** This is a 46 year old male who is being seen for a chief complaint of a toenail dystrophy, located on the right great toe (T5). The affected toenail(s) are discolored, dystrophic, thickened, and yellow and moderate in severity. He has had toenail problems for 2 months.

## Exam:

### Foot

#### Peripheral Pulses:

Right Dorsalis Pedis: Normal +3 dorsalis pedis pulse  
Right Posterior Tibial: Normal +3 posterior tibial pulse  
Right Capillary Refill: Normal CFT  
Right Vascular Skin Trophic Changes: No Skin trophic changes of vascular nature  
Right Edema: No Edema  
Right Venous Exam: Normal Venous Findings

#### Sensation:

Right LE: Normal peripheral nerve sensation

#### Skin:

Right Foot: skin intact, no rashes or lesions.

#### Toenails:

Right: **nail discoloration, nail dystrophy, nail incurvation, nail separating from nail bed, nail thickening, onycholysis, painful toenails, discolored toenails, and thickened dystrophic nail(s) with subungual debris**

#### Foot ROM:

ROM: Normal

#### Inspection:

Right Hindfoot: Normal alignment, no deformity, no tenderness, no warmth, no masses

Right Midfoot: Normal alignment, no deformity, no tenderness, no warmth, no masses

Right Forefoot: Normal alignment, no deformity, no tenderness, no warmth, no masses

Right Foot Eversion: Strength: 5/5, normal muscle tone.

Right Foot Inversion: Strength: 5/5, normal muscle tone.

Additional Exam Findings: **painful elongated toenails discolored nails with onycholysis and subungual debris dark discoloration yellow discoloration subungual hyperkeratosis onycholysis with splitting of the nail plate thickened and elongated nails rough texture**

## Impression/Plan:

### 1. Onychomycosis

Tinea unguium (B35.1)

located on the right great toenail bed (T5).

#### Plan: Counseling - Onychomycosis.

I counseled the patient regarding the following:

Skin care: Onychomycosis rarely responds to prolonged use of topical anti-fungal agents. Oral antifungal agents offer a higher cure rate, but relapses occur in 50% of patients.

Expectations: Onychomycosis is a fungal infection of the nail plate. Oral therapy is more effective than topical therapy, but serious side effects such as liver toxicity, bone marrow depression and severe rashes may ensue with systemic treatment.

Contact office if: Patient develops a side effect from treatment.

#### Peripheral Pulses:

Left Dorsalis Pedis: Normal +3 dorsalis pedis pulse  
Left Posterior Tibial: Normal +3 posterior tibial pulse  
Left Capillary Refill: Normal CFT  
Left Vascular Skin Trophic Changes: No Skin trophic changes of vascular nature  
Left Edema: No Edema  
Left Venous Exam: No Venous Insufficiency

#### Sensation:

Left LE: Normal peripheral nerve sensation

#### Skin:

Left Foot: skin intact, no rashes or lesions.

#### Toenails:

Left: Normal

#### Foot ROM:

ROM: Normal

#### Inspection:

Left Hindfoot: Normal alignment, no deformity, no tenderness, no warmth, no masses

Left Midfoot Inspection: Normal alignment, no deformity, no tenderness, no warmth, no masses

Left Forefoot Inspection: Normal alignment, no deformity, no tenderness, no warmth, no masses

Left Foot Eversion: Strength: 5/5, normal muscle tone.

Left Foot Inversion: Strength: 5/5, normal muscle tone.



DESERT HILLS PODIATRIC ASSOCIATES

## Visit Note - February 22, 2024

**Aagaard, Brian**

PMS ID: Sex: DOB: Phone: MRN:  
116247PAT000057506 Male 02/28/1977 (952) 239-4234 53122

Lamisil : Lamisil (terbinafine) Counseling: Patient counseling regarding adverse effects of lamisil including but not limited to headache, diarrhea, rash, upset stomach, liver function test abnormalities, itching, taste/smell disturbance, nausea, abdominal pain, and flatulence. There is a rare possibility of liver failure that can occur when taking lamisil. The patient understands that a baseline LFT and kidney function test may be required. The patient verbalized understanding of the proper use and possible adverse effects of lamisil. All of the patient's questions and concerns were addressed.

OTC Medication: tea tree oil, Keresal

After discussing the risks, benefits and alternatives, we decided on the following plan: CONSERVATIVE MANAGEMENT AND DEBRIDEMENTS and KERESAL.

### MIPS

#### 1. MIPS

**Plan: MIPS Quality.**

Quality 130 (Documentation of Current Medications in the Medical Record): Current Medications Documented

### Staff:

Brian P Hutcheson (Primary Provider) (Bill Under)

Electronically Signed By: Brian P Hutcheson, 02/22/2024 09:17 AM MST