

# Direct Care Pricing

Quality Care Without Insurance Hassles

## Why Direct Care?

At Lighthouse Foot and Ankle Center, we operate as a direct care practice. This means we work directly with you, not insurance companies. The result? Longer appointments (30-45 minutes vs. 7 minutes), personalized treatment plans, transparent pricing, and no prior authorization delays.

## Our Services & Investment

Service	Investment
Initial Consultation Comprehensive exam, diagnosis, and treatment plan (includes imaging)	\$299
Follow-Up Visits Progress checks and ongoing care	\$125 - \$175
Custom Orthotics Precision-fitted to your unique foot shape using 3D scanning \$100 discount when purchased with laser or shockwave package	\$525
Laser Therapy Advanced healing for plantar fasciitis, tendonitis, and chronic pain	\$175 per session \$595 package (5 sessions)
Shockwave Therapy Proven treatment for heel pain, Achilles issues, and plantar fibromas	\$175 per session \$595 package (5 sessions)
Swift Wart Treatment Revolutionary microwave therapy that eliminates warts in 3-4 sessions	\$325 initial treatment \$220 subsequent treatments
Fungal Nail Laser Package Requires confirmation labs before treatment	\$1,500 (5 treatments)
Onyfix Nail Correction Non-invasive treatment for ingrown toenails	\$125 for one toe \$175 for two toes
Hyaluronidase Injections Advanced treatment for plantar fibromas	\$750 per foot
Regenerative Medicine DPMx Injection Advanced treatment for tendonitis and plantar fasciitis	\$1,250
Ingrown Toenail Procedure Includes post-op visit and post-procedure supplies	\$550


## Payment & Savings


- **HSA/FSA Accepted:** We gladly accept Health Savings Account and Flexible Spending Account cards.
- **Superbill Available:** We can provide a superbill upon request for you to submit to your insurance for potential out-of-network reimbursement.
- **No Surprise Bills:** You'll know the cost upfront—no hidden fees or surprise charges after your visit.
- **Package Discounts:** Save \$100 on custom orthotics when you purchase a laser or shockwave therapy package.


## The Direct Care Advantage

Traditional insurance practices are limited by what insurance will cover and how much time they can spend with each patient. Our direct care model allows us to: spend 30-45 minutes per visit (not 7 minutes), use advanced treatments like peptides and regenerative therapies that insurance won't cover, create truly personalized treatment plans, and see you quickly without waiting for insurance authorization.

## Ready to Get Started?

 **Call:** (207) 774-0028

 **Visit:** [www.lighthousefootandankle.com](http://www.lighthousefootandankle.com)

 **Location:** 23 Spring St, Scarborough, ME 04074

**Hours:** Monday-Thursday 8:30 AM – 4:00 PM, Friday 8:30 AM – 2:00 PM

*Closed daily for lunch 12:00 PM – 1:00 PM*

*Pricing effective February 2026. Subject to change. Prices listed are for self-pay patients and do not reflect insurance reimbursement rates.*