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V445 Puppis has been identified as the first and so far only example of a helium nova. We have been monitoring the near-infrared (J,H,Ks) evolution of V445 Puppis with the IRSF/SIRIUS over the last 5.5 years, and continue to do so. I will present our most recent results on V445 Puppis, including four epochs of high-angular resolution imaging of the nova shell with adaptive optics on the VLT (covering a two-year time span), and optical integral field unit spectroscopy obtained with Magellan/IMACS. From these observations, a distance to V445 Pup has been determined. We discuss possible scenarios regarding the nature of the underlying binary.