

Dr. Z: Care after Nail Surgery

Pain Management:

- For the first 24 hours: Take one acetaminophen (Tylenol) – every 4 hours or ibuprofen (Advil) every 6 hours.
- There is less pain if you take the pill before pain starts.
- If you wake up at night and feel any pain, take a pill – keep a glass of water and a pill on your bedside table just in case. No need to set an alarm.
- After the first 24 hours, taking pain medication is only necessary if you feel pain.

Day 1 and 2:

- Leave the dressing on for the first two days.
- It is OK to shower with the dressing on – just give it a gentle squeeze with a towel to dry it.

Dressing Change Day 2:

- The day after tomorrow, gently remove the dressing.
- If it is stuck on, you can soak it in warm water to help remove it.
- Then apply antibiotic cream and a Band-Aid.
- We want to prevent a crust forming and blocking drainage – So we try to keep the wound moist.... Not wet.
- When you change your Band-Aid, if there is a dry crust, use more the next time.
- If the crust (or Soft “Goop”) is loose it is OK to GENTLY remove it before putting on the new Band-Aid.
- Continue this daily for 5 more days and then come in for a follow up visit or email or text me photos and give me a call. It may be time to switch to a dry dressing without the cream

Activity:

- Take it easy – no long walks, no soccer etc. Elevating the foot can help.

Keep it clean

- When I see infections, they are usually due to not keeping the wound clean.

Expectations:

- Expect some local redness around the nail – this may be due to the chemical used and not infection.
- If pain increases; if you get creamy drainage; or if redness extends to the base of the toe, use emergency contacts below.
- If pain increases (particularly at day 3) you may be developing an infection – contact us.

Follow-Up:

- Follow up visits are free for 2 months. Book any time. Ask to be fit in if you have any concerns. I am always happy to answer your questions and confirm that everything is going well.
- You are usually OK to stop changing the dressing after 10 days... but you have to either email, text or arrange a follow up visit first...Use the contacts below.

Emergency and Contacts:

- Call the clinic to book a no charge “Surgical follow-up” any time: 250-754-7777
- Cell Phone: Text, Call and Send Photos: 250-802-2704
- Email: zambilowicz@gmail.com Again, I always like photos
- If you are can't reach me, go to a walk-in clinic or hospital emergency.