

# 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.
- After the first 24 hours, taking pain medication is only necessary if you feel pain.
- Leave the dressing on for the first two days and keep it out of the bath/shower.

## 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 a tiny bit of the antibiotic cream and a Band-Aid – not tight.
- 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, or kickboxing. Elevating the foot can help.

Keep it clean: Infections are usually due to not keeping the wound clean.

## Expectations:

- 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 or go to emergency if you cant reach me

## 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: 250-390-5200
- My Urgent Cell Phone: Text, Call and Send Photos: 250-802-2704
- Email: [drzurgent@gmail.com](mailto:drzurgent@gmail.com)
- If you are can't reach me, go to a walk-in clinic or hospital emergency.

## Mixing Pain Medications:

