



INSTRUCTIONS AFTER NAIL SURGERY

For: _____

Next Visit: _____

1. Go directly home and elevate your foot.
2. As the anesthetic wears off, you may feel some throbbing. This is normal. If it continues and becomes bothersome, apply a small ice pack to the top of the toe behind the bandage.
3. Seepage of some blood through the bandage is normal. If bleeding continues to occur, elevate your foot; there is no cause for alarm. Bleeding is normal for healing.
4. Leave the bandage on for 2 hours, then remove the bandage and soak your toe.
5. Put 2 tablespoons of Epsom salts in a quart of warm water and soak your foot for about 10 minutes.
6. After you finish soaking, apply a small amount of an antibiotic ointment, such as Neosporin Ointment, to the area where the nail was removed and cover it with a Band-Aid.
7. Follow this soaking routine at least twice a day for two weeks.
8. You may bathe or shower. However, rinse the surgical area with clean water when finished and cover with a clean, dry Band-Aid.
9. All nail operations take approximately 2-4 weeks to completely heal. They may take longer. However, if you can soak your foot twice a day, healing time will be greatly reduced. During this healing period, thick fluid resembling pus may drain from the surgical site. This is normal and should not be mistaken for an infection.
10. If at any time you have a problem or any questions, please call the office immediately.