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POST OPERATIVE NAIL INSTRUCTIONS

You have had a small operation for the removal of a deformed or ingrown toenail. For the best possible results, please follow these instructions carefully. Should you have any questions, please feel free to ask us.

1. Your toe will remain numb for anywhere from several hours to several days. This is not unusual and not a cause for concern. Although the toe is numb, you should not walk or stand for long periods.
2. You may have some bleeding through your bandage the first day. This is normal and should be expected. Remember, there are no stitches, so bleeding is normal. Elevate your foot and the bleeding will subside.
3. You will notice some drainage and staining on your bandage until the area has healed. This may take up to 6 weeks. Some redness and tenderness by the cuticle is to be expected as well
4. You may bathe normally beginning the day after the procedure.
5. Leave the dressing on until the next morning. Then, either take a bath or shower to get the bandage wet. It is easier to remove after wetting it. Remove the dressing, apply a small amount of antibiotic cream (**Bacitracin, Triple Antibiotic, or Neosporin**), and one gauze pad. The cream is not a prescription and you can get it at any drugstore or supermarket. Use only enough tape to secure the gauze pad. **Do not use plastic Band Aids** as they do not allow enough air to penetrate the dressing and this will prolong healing. You may use fabric strip band-aids.
6. Soak your foot twice daily. A shower can count as a soak. Use warm water with either Epsom salts or several capfuls of clear white vinegar. If it burns a lot while soaking, just soak in warm water and do not use the Epsom salt or vinegar. Redress the area with the antibiotic cream and gauze.
7. For discomfort, take Tylenol, Advil, or any other over the counter pain medication. It is extremely rare to require prescription pain medication for this procedure. Wear shoes that are comfortable for you. Avoid a lot of pressure on the area. Call the office if you experience severe pain.

Please call the office with any question or concern. You can expect this procedure to take several weeks for complete healing.

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