

POST OPERATIVE INSTRUCTIONS FOLLOWING NAIL SURGERY

1. Purchase Triple Antibiotic Cream or Ointment ie. Neosporin
2. Leave gauze bandage on toes for at least 8 hours or overnight.
3. Soak the involved foot in a gallon of lukewarm water with 1 tablespoon of Epsom salt for 15-20 minutes twice a day. Soaking the foot in this manner for 2-3 days after the procedure hastens the healing process and relieves the tenderness.
4. After soaking or bathing, clean the areas with hydrogen peroxide. Apply the triple antibiotic and a band-aid.
5. It is **NORMAL** following this procedure to notice a red color change behind the cuticle of the involved nail, and a clear yellow drainage for up to 2 months. This does not mean that the toes are infected. This reaction is usually painless.
6. Continue applying the medication and band-aid to the involved toe for one week.
7. As long as shoes are worn that do not put pressure directly on the healing area, activities requiring walking and running are not restricted.
8. Leaving the toe open to the air as much as possible will hasten the healing process.
9. Your next appointment is _____.

