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POST OPERATIVE NAIL PROCEDURE INSTRUCTIONS

Stay off your feet as much as possible today. You may wear any shoe, sandal or open toe footwear that does not squeeze, constrict or put pressure on your toe(s). Your toe(s) may remain numb for up to 6-10 hours after the procedure. Slight bleeding, discoloration or drainage is normal. Please contact our office if you have any questions or concerns.

Discomfort:

You may elevate your foot to help reduce minor swelling and discomfort. You may also take over-the-counter pain relievers as directed. If the pain or discomfort is not controlled adequately, then contact our office.

Removing the Surgical Bandage:

Starting the day after surgery, carefully remove the dressing and shower or bathe as normal. To make the bandage easier to remove with little or no discomfort, dampen it. Wait several minutes then remove.

Daily Dressing Changes:

Remove the existing bandage and gauze then shower or bathe as normal. Following shower or bath follow the direction in the Amerigel Kit if you have been given one. Follow the soaking instructions below if you do not have the Amerigel Kit.

Soaking Instructions (**IF YOU DO NOT HAVE AMERIGEL SURGICAL KIT**): 1 quart of warm water and 1 tablespoon of Epsom Salt twice a day. After soaking, dress with antibiotic ointment and a Band-Aid. Continue for 7-14 days.

Take Medication as Prescribed.

Follow-up in 1 Week or as needed.