

PATIENT INSTRUCTIONS FOR POST-OPERATIVE CARE FOR INGROWN TOENAILS

1. Keep your foot elevated for 4-6 hours as needed after you get home.
2. Begin soaking your foot in cool or lukewarm water with 2 tablespoons of Epsom Salts twice daily, beginning 6 to 8 hours after the procedure.
3. Clean the wound with hydrogen peroxide.
4. After cleaning the foot, dry the foot off and apply the drops or cream prescribed into the area where the nail was removed.
5. Put a clean, dry dressing on after each soak. (Wide Band-Aids will do)
6. Soak every day until your follow-up visit, a minimum of twice daily, unless otherwise specified.
7. A large amount of yellowish-brown drainage can be expected for 1 to 2 weeks following the procedure.
8. Some redness or discomfort behind the nail can also be expected for 1 to 2 weeks following the procedure.
9. A feeling of numbness in the toe is also normal for several days following the procedure.
10. If you have been given an antibiotic, take as directed until the course is completed.
11. If your toe becomes bright red, hot, swollen, and/or painful --- PLEASE CALL THE OFFICE @ (724)537-9008

THANK YOU!
Dr. Mark Ray