

Nail Procedure Aftercare Instructions

Today's nail procedure will be aided by these home care instructions. Soaking your foot after toenail procedure is essential. Soaking will assist with the healing process and by decreasing your chance of post-procedure infection by removing non-viable tissue and helping your toe heal better.

It is very important that you follow these instructions carefully and call the office with any concerns.

#1- Day of procedure

- **Elevate your foot** for the first 8-12 hours after the procedure. (Often after nail surgery your toe may continue to bleed, but elevating the foot will decrease this as well as swelling and pain. If the toe bleeds through, you can add gauze to the dressing, just do not put it on too tight.)
- Take Advil or Tylenol as needed for pain.

#2- Removal of the bandage

- **24 hours after** place the entire foot with the bandage in lukewarm water with a **teaspoon of Epsom Salts**. This will help loosen any dried blood and keep it from sticking to the gauze when you remove it.
- After 10 – 15 minutes **remove the dressing** layer by layer until the dressing is off.

#3- Caring for your nail bed

- **Soak your toe(s)** in lukewarm water with **Epsom Salts** for 3 -5 minutes. Soaking it twice daily for the first week it optimal.
- After soaking, **blot area dry and apply an antibacterial ointment** like Neosporin as well as a Band-Aid dressing. If there is significant drainage- gauze dressing may be useful. An oversized "knuckle" Band Aid works best.
- Return to all normal activities as allowed by pain.

#4- If any problems such as severe pain, drainage, warmth to area, fever or **any concerns - call the office.** Infection rates are very low.

#5- Follow-up appointments

- **2-week appointment** _____
- **4-week appointment** _____

