



Brondon Foot and Ankle

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POST-OP NAIL PROCEDURE INSTRUCTIONS

- 1) Take it easy the rest of the day. Limit your activities (ie. walking, standing, lifting heavy objects, etc.). Starting tomorrow you may resume normal activities to tolerance.
- 2) Leave the dressing on your foot until the next time you bathe. You may shower and soak your foot without a dressing on, but otherwise keep it covered with antibiotic cream and a band-aid.
- 3) Once daily, soak the area in Epsom salt and water solution (2T Epsom salt for every quart of water) for 15-20 minutes. Remove the bandaid for this. Wipe off any LOOSE debris with a gauze pad (do not scrub toe!).
- 4) After soaking, apply antibiotic cream (enough to cover the area) and bandaid.
- 5) Take an over-the-counter pain reliever (Aleve, Advil, Tylenol) for pain, if necessary.
- 6) If prescribed a medication, such as an antibiotic, take it as directed.
- 7) Call the office if you have any concerns or questions prior to your follow-up appointment.

***If you had a permanent toenail removal (partial or total procedure with the application of the chemical) it is completely NORMAL for there to be redness and swelling in the toe back to the injection sites at the base of the toe! It is from the inflammation created by the chemical which is supposed to happen.

***Drainage will continue until the toe has healed (4-6 weeks for permanent procedure, 1-3 weeks for temporary procedure).

***Keep your procedure site covered at all times with a bandage, except for when soaking, to prevent/worsen infection in the toe!

***Finish your antibiotics as prescribed. Leaving any left over can cause antibiotic resistance and the antibiotics may not work as well the next time you get an infection. Under most circumstances, 10 days of antibiotics will be prescribed, which means you should finish them a few days before your follow-up appointment (scheduled 14 days after the procedure).