

ADVANCED FOOT & ANKLE CLINIC

Post-Operative Instructions For Toenail Procedures

1. Keep the dressing intact and remove the following morning.
2. Remove dressing tomorrow morning and soak in warm water with Epsom salts for 15-20 minutes, then dry toe off completely
 - Tip: perform your first foot soak with the initial dressing ON to aid in removal.
3. Apply a thin layer of topical medication (e.g. Neosporin, triple antibiotic ointment, etc) and Band-aid to cover.
4. Continue foot soaks 2x a day for two weeks.
5. You may notice some drainage at the area of the wound.
6. It may be helpful to avoid direct shoe pressure. Use an open-toed shoe for comfort if necessary. Avoid going barefoot.
7. Activity as tolerated. Elevate your foot as needed to control discomfort.
8. Tylenol, aspirin, advil or any mild analgesic is generally sufficient to control pain.
9. Please avoid public pools, rivers, lakes or other open bodies of water
10. Contact the clinic (507-451-5950) if you have any problems or concerns.
 - If you develop a fever, experience intense pain, or notice any foul odor from the wound, contact our office immediately.
11. It is important to attend any scheduled follow-up appointments so we can monitor your healing progress.
 - If you have any concerns or questions before your appointment, please do not hesitate to contact our office.

* You can expect a watery drainage from the nail bed for 2.5- 4 weeks. This drainage will likely last longer if you have had the toenail permanently removed. If your toe is not healed within 4-6 weeks, please call and schedule a follow-up appointment.