

Post-operative Instructions for Nail Procedures

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Now that your surgery has been completed, you can greatly enhance the outcome by following these instructions.

1. Please call us! Call us if you have any questions or concerns regarding your surgery or aftercare of the surgery site.
2. Go directly home and keep your foot as elevated as possible on the way home.
3. At home, **keep your foot elevated** as much as possible. it should be a few inches above the level of your heart.
4. **Keep your dressings dry and clean for 24 hours.** After 24 hours begin soaking your foot as described below.
5. A small amount of bleeding into the bandage is very normal and should cause no alarm. If you have active or excessive bleeding, please call your doctor.
6. Mild to moderate discomfort in the area of the surgery can be expected. This is best treated by elevation, ice and taking **tylenol**. If your pain is not controlled by these measures, please call your doctor.
7. Please **refrain** from alcoholic beverages, smoking, Bungee jumping and the operation of bulldozers or other heavy machinery!
8. Your doctor would like to see you for your first **postop visit 2 weeks** after surgery. Please call to make this appointment.

Again, please call us if you have any questions or concerns about your surgery. Our doctors are on call 24 hours a day to assist you in cases of emergency.

Soaking Instructions:

1. Dissolve 1/8 cup of **epsom salts** in a shallow pan of warm water.
2. Soak your toe for about **5-10 minutes**
(do this **with the dressing on** the first time so that it will come off much easier.)
3. Gently dry your toe, apply one drop of cortisporin otic solution in each involved toenail groove (if you have been asked) and apply a **bandaid**.
4. Repeat the soaking once or **twice a day** until for at least two weeks.
5. **Hydrogen peroxide** may be use to gently scrub and cleanse the nail borders.