



NORTH FLORIDA

FOOT & ANKLE SPECIALISTS



6420 W. Newberry Rd. #210 Gainesville FL, 32605



456 SE Baya Dr. Lake City FL, 32025

NAIL SURGERY POSTOPERATIVE INSTRUCTIONS

OVERVIEW

Your ingrown toenail was removed due to pain or infection. Your dressing is to remain intact for 24hrs and then removed to follow these instructions.

POST-OPERATIVE CARE

You will need to begin soaking your operative site twice daily (~15 minutes each time) in one of the following luke warm water solutions for the first week, showering and cleansing the site can be an alternative if soaking cannot be completed:

- Antibacterial soap (Dial is a good example): enough to form small bubbles
- Betadine or Povidone-Iodine: The mixture should look like the color of weak tea
- Epsom Salt: 1-2 Tablespoons in ~1 quart of water
- After soaking dry the area, apply triple antibiotic ointment or any prescribed medication and cover with a Band-Aid.

ACTIVITIES

We recommend that you limit your activities for the rest of the day. Sporting events are not recommended the same day of surgery.

WORK

Returning to work is acceptable in most cases.

EVALUATION OF THE OPERATIVE SITE

It is not uncommon for scab to develop. If you develop increasing pain or redness please contact the office. A little bit of drainage is to be expected.

WEEK TWO POST-OPERATIVELY

Starting in week two you only need to apply triple antibiotic ointment (or prescribed medication) and a Band-Aid during the day. No dressing is needed at night.

If Phenol (the chemical used to kill the nail root) has been used it is not uncommon to still have some drainage present.

You should still continue to monitor the area for any signs of infection:

- Redness
- Swelling
- Increased pain
- Increased drainage
- Increased skin temperature to the toe

If you suspect any problems with your surgical site please contact the office

Thank you for allowing us to be a part of your foot & ankle care



352. 525. 2779



352. 525. 2794



ADMIN@NORTHFLFOOTANKLE.COM