

Post-Op Instructions After Nail Surgery



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Overview

We removed your ingrown toenail because of pain or infection.

Post-Operative Care

You will need to begin soaking your procedure site twice daily (~15 minutes each time) in one of the following solutions for the first week:

- Warm water with antibacterial soap (Dial is a good example)
- Epsom Salt: 1-2 Tablespoons in ~1 quart of warm water
- Optional: Betadine or Povidone-Iodine: The mixture should look like the color of weak tea

After soaking please apply triple antibiotic ointment or any prescribed medication and cover with a Band-Aid.

Activities

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

Work / School

I think returning to work or school is acceptable in most cases.

Evaluation of the Operative Site

It is not uncommon for scab like tissue to develop. You may remove this with a cotton-tipped applicator or Q-tip. If you develop increasing pain or redness that extends to the base of your toe please contact the office. A little bit of drainage is expected. Depending on the procedure performed and your medical history these can take up to a month to completely heal.

Week Two Post-Procedure

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.

You can reduce your soaks to once daily.

If Phenol (the chemical used to kill the nail root) has been used it is common 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
- Non healing

If you suspect any problems with your surgical site please contact the office @ 956-255-5891.

Thank you for allowing me to care for you.