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A PROFESSIONAL MEDICAL CORPORATION
DIPLOMATE, AMERICAN BOARD OF FOOT & ANKLE SURGERY

FELLOW, AMERICAN
COLLEGE OF FOOT &
ANKLE SURGEONS

BOARD CERTIFIED IN
FOOT&ANKLE
SURGERY

HOME CARE INSTRUCTIONS AFTER NAIL SURGERY

1. Elevate your foot/feet as soon as possible to reduce swelling and discoloration. This is best done within the hours following the procedure to your foot. Apply an ice bag over the foot for the first few hours (unless you have diabetes or are instructed otherwise). Tylenol or ibuprofen/Aleve can be used as instructed or if you can take these without problems with your other medications for any post procedure tenderness.
2. **Do not** remove the bandages until the next morning unless bleeding makes the bandages wet.
3. The next morning remove all of the bandages on your foot. **Wash** (use the Betadyne or antiseptic soap) your foot. Use a wash cloth to gently cleanse the area about the nail. You can soak or wet the dressing if it sticks to your toe to help remove it easier.

Wash at least two times daily. Soak after as directed in salt or betadyne & water. Change the dressing – gauze or Band-Aid each time (unless directed not to)

4. Soak using **warm** water with [] Salt **or** [] Betadyne as directed (2tsp TABLE salt or 2Tbsp. Epsom salt with 1-2 quarts of water **OR** 2 tablespoons of Betadyne Per quart, it should look like a light tea color. If the salt water burns add water).
5. **Rinse and Dry** the foot well. You may use a hair dryer to remove the moisture, 10 - 20 seconds is very helpful. Keep at least 2 feet away from your foot on a low-medium heat.
6. Apply the bandage as directed using **Coban/Coflex** with a small ½ or ¼ piece of the gauze pad **or** under the Band-Aid (a **small** amount of the **antibiotic cream or Amerigel** should be applied). It is best to alternate the Band-Aid and Coban as it will reduce the chance of getting a rash from the adhesive on Band-Aids.

When using the **Amerigel**, this can be applied once or twice daily as needed. If the area seems too moist use the Amerigel only one time per day. This is recommended for the first 7-10 days.

7. The nail bed (the part without the hard nail plate) will usually look red and have a small amount of drainage or weeping fluid. There should not be severe pain or redness going past the area where the toes meet the foot. If you notice this please call the office.
8. You will have a return appointment to check on your progress. If you are concerned or have any problems please call as soon as possible. Early treatment of problems is the best medicine.

Please call for any question **(408) 378-5887**. Following my instructions will help insure the best and most pain free outcome.

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