

Post Op Instructions for Ingrown Toe Nail Removal

1. Leave bandages on today.
2. Tonight before going to sleep, soak the bandage in lukewarm and Epsom salt (if the dressing gets stuck to your wound, use a little vegetable or mineral oil, let it soak the dressing for a few minutes and then gently peel it off).
3. *Alternatively, if you are sensitive to Epsom salt and/or you notice any irritation, redness or any type of allergic reaction try one of the following:*
 - a) *you can soak your foot in lukewarm, cool, cold or room temperature water instead*
 - b) *you can prepare a solution by mixing one cup of distilled (white) vinegar to three cups of water (25% concentration) and mix with lukewarm, cool or cold water*
4. After the bandage comes off, soak the foot twice a day for 10 minutes, gently brush outward at the procedure site with a Q-tip or soft bristle clean toothbrush while soaking or in the shower with soap and water using a loofa or Bath Sponge.
5. Dry thoroughly and apply topical antibiotic ointment (Neosporin/Polysporin) or any other prescribed cream to the area and cover with a Band-Aid. Avoid using Betadine, Hydrogen Peroxide or Alcohol on the wound.
6. Continue to soak daily until advised to stop by your doctor and/or as long as your wound is open and draining.
7. The first day or two after the procedure you will experience some pain. If pain continues, take some over the counter pain medication such as Tylenol, Motrin, Ibuprofen or something stronger will be prescribed to you electronically.
8. Elevate the foot and ice the area 20 minutes on, 20 minutes off. Rest and minimize all activities.
9. You will experience some drainage, redness, swelling, pain & bleeding which is normal. If your pain increases or you see signs of infection such as swelling, redness that spreads, especially red streaks, or thick milky or puss drainage, call your doctor.
10. It is OK to take a shower and get your foot wet, but refrain from going to the pool/Jacuzzi until the wound is completely healed and dry.
11. Avoid performing strenuous exercise or activity for a period of 7 days or as recommended by your Doctor.
12. Try to scrub and/or thoroughly cleanse the area where the ingrown toe nail was removed in the shower or while soaking by using a Q-tip, clean toothbrush and/or the bath sponge in the shower.
13. Wearing any kind of shoe is OK as long as it's not too tight and/or it does not cause pain.