



# Community Foot Specialists

## *Post-Operative Nail Surgery Instructions*

### Day of Surgery

- ◆ Leave the bandage on and keep it dry

### You May Expect Any of the Following:

- ◆ There may be bleeding through the bandage. This is no cause for alarm.
- ◆ Some soreness may be present when the anesthesia wears off. Two (2) Aspirin, Tylenol, Motrin or similar tablets, will relieve the discomfort
- ◆ The toe may begin to drain slightly, with some procedures, and may continue to do so for a couple of weeks. This will stain the adhesive strip. The toe may appear to be infected, red and sore. This is normal.
- ◆ The area of the toe just behind the cuticle may turn red and swell slightly with some procedures. This is no cause for alarm.
- ◆ The doctor will continue to see you regularly until you are healed.

### Day Two:

- ◆ Remove the dressing in 24 hours. If the adhesive strip sticks, soak your foot in warm water (not hot). If needed, you may also apply hydrogen peroxide - only to loosen dried blood - to the toe to remove the dressing.
- ◆ Begin to soak your foot in Epsom Salt using the following formula – First fill a basin with warm water until the water level will just cover your toes. Next, mix ¼ cup Epsom Salts into the water. Then, place your foot in the water and soak for 10 minutes. You may repeat this procedure twice daily for a week.
- ◆ After soaking your foot, pat it dry with a clean cloth. Let the toe air dry for 3-5 minutes and apply any medications that your foot and ankle surgeon may have prescribed at this time. You may also use Neosporin or Triple Antibiotic. Cover your toe with an adhesive strip.

### Day Three:

- ◆ Keep operative site covered with adhesive strip
- ◆ You may start wearing a closed toe shoe to tolerance
- ◆ Follow up appointment with your foot and ankle surgeon

If you have any questions, please do not hesitate to call 937-426-9500.