

**POST-OPERATIVE INSTRUCTIONS**  
**(NAIL SURGERY)**

**General Information:**

The amount of pain and swelling will vary from one patient to another. Pain is negligible and will gradually lessen each day. An over-the-counter pain reliever should be sufficient, if necessary. After the first 24 hours, soaking the affected toe in warm water and Epsom salts for 15-20 minutes, once or twice a day, can accelerate healing and soothe pain. As long as the surgical site remains comfortable, you may continue your normal activities, including showering. You may wear any footwear that does not cause discomfort. It can generally take 4-6 weeks for complete healing. It is normal for blood-tinged drainage, redness up to the first knuckle and tenderness to be present while healing takes place. If you experience persistent throbbing, pulsating pain accompanied by redness and swelling, pus-like discharge, fever, or red streaking up the foot, this may indicate infection and requires calling our office.

**Re-Dressing:**

1. For the first week, you should re-dress the bandage once or twice a day. This can be done after showering in the morning and before going to bed at night. Remove the old bandage. If you have purchased an Amerigel wound care kit, follow the kit instructions for re-dressing. General re-dressing instructions are to re-dress by placing a small amount of wound ointment or bacitracin on a small square of gauze. This should be held on with tape, coban or a band-aid. Do not use a band-aid without the gauze. **DO NOT APPLY HYDROGEN PEROXIDE TO THE WOUND.**
2. After the first 1-2 weeks, if you have noticed a decrease in your drainage, you may leave the dressing off in the evening while relaxing. This is to allow the treatment area to dry out and form a scab. Before going to bed, you may place a band-aid over the treatment area to prevent drainage from staining your sheets.

**Discomfort:**

The anesthesia will last for several hours or up to 24 hours. There is generally little discomfort, but an over-the-counter pain reliever is recommended for mild pain. If the discomfort is more severe, contact the office. Ice applied to the base of the toe will also decrease your discomfort and it is common for the second week of healing to be more painful than the first week.

**Bleeding:**

Most of the bleeding will take place during the first day and night. Keep the bandage on for 24 hours, initially, unless it becomes soggy with blood. If that is the case, it should be changed earlier. Bleeding will stop with pressure and elevation. It is common for the bandage to become spotted, and this does not require changing.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_