



Post-operative Toenail Surgery Instructions

- 1. At the direction of your doctor, please remove your dressing after approximately 24 hours and soak your foot in warm water with Epsom Salt added.**
- 2. Add salt (epsom or table, ½ teaspoon per quart)**
- 3. Soak for 10-15 minutes twice daily for the next week.**
- 4. Dry your feet and apply a small amount of antibiotic cream. (Recommend Neosporin cream, * unless history of allergy to Neosporin)**
- 5. Apply an elastic fabric bandage (bandaid) over the toenail.**
- 6. After the first week get your foot wet at least once per day in the bath or shower.**
- 7. Wash the area with soap and water.**
- 8. Massage the area above the cuticle to help push out and fluid build up.**
 - Yellowish discharge which may be tinged with blood is normal.**
 - An open toed shoe or slide may be more comfortable for the first few days after the procedure.**
 - You may resume activity as tolerated.**
 - Elevate your foot as needed to control discomfort.**
 - Tylenol, Aspirin, Advil or any mild analgesic is generally sufficient to control pain.**
 - Avoid getting your feet wet in any open body of water (lake, stream, pond, Galveston beach, etc.) until area is completely healed.**
 - Call the office as needed at (832) 668-5546 if you have any problem or concern.**
 - Permanent nail removal generally requires 3 to 6 weeks to fully heal.**