



RAYMOND T. O'HARA, DPM

PODIATRIC FOOT AND ANKLE SURGEON

POST-OPERATIVE NAIL CARE INSTRUCTIONS

You have just had a surgical correction of a deformed toenail(s), ingrown toenails(s), or infected toenail(s).

1. Once the anesthetic (numbing medication) wears off, you may experience slight soreness. You may take Advil or Tylenol for discomfort.
2. If a little bit of bleeding comes through the bandage, do not be concerned. Do not take the bandage off until the next day. Just add more brown tape given to you in the office.
3. Keep your dressing clean, dry, and intact until tomorrow morning.
4. You may weight bear as tolerated.
5. When sitting, prop your feet up.
6. Soak your foot (feet) twice daily in a warm salt solution for 10-15 minutes in the morning and in the evening. (Use 2 tablespoons of regular table salt or Epsom salt in 3 quarts of warm water)
7. Dry area with gauze as instructed.
8. Place a small pea sized drop of either Silvadene cream (sent to pharmacy) or antibiotic ointment where the nail used to be.
9. Cover area with a band aid.
10. Continue this process twice a day everyday until your next appointment with Dr. O'Hara
11. You may experience several weeks of drainage from the surgical site.

Call the office (847) 285-4200 anytime if:

- There is excessive bleeding.
- You should develop a fever
- You should injure your foot
- Excessive pain is not controlled by medication.