

Home care following nail surgery



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Specializing in:

- **Heel & Arch Pain**
- **Ingrown Toenails**
- **Warts**
- **Bunions**
- **Hammertoes**
- **Orthotics**
- **Diabetic Foot Care**
- **Children's Feet**
- **Reconstructive Foot & Ankle Surgery**

Post-surgical instructions for ingrown toenails

1. Leave the bandage on until just before you go to bed. A small amount of blood on the bandage is normal and is not cause for alarm.
2. Tonight, remove all bandages and soak your foot for 10-15 minutes in warm water with 1 tablespoon of Epsom salts per quart of water. Dry the foot completely after soaking.
3. Soak your foot as directed above 2-3 times a day for the next 10-14 days.
4. While soaking you may use a Q-tip to clean the nail groove(s).
5. Apply a thin coat of the prescribed antibiotic cream
6. Apply a band-aid on the toe when wearing shoes and socks, and while sleeping. At all other times keep it open to the air.
7. You may bathe and shower. Be sure to dry toe completely and repeat steps 5 and 6 when done.
8. Redness, drainage and tenderness are expected after this surgical procedure, and may last as long as 2-3 weeks after the procedure.
9. Patients are typically able to wear regular shoes and attend to normal day-day activities the day after the procedure.
10. If you experience pain that is not relieved with aspirin, Tylenol or another over the counter pain medication please call our office.
11. Keep your follow up appointment as scheduled in approximately 2 weeks. This will help ensure the ingrown nail is effectively treated and will limit the possibility of recurrence.