

DUNDEE FOOT AND ANKLE CENTER  
31 W. DUNDEE ROAD  
WHEELING, IL 60090  
(847) 215-1525

**INSTRUCTIONS FOLLOWING NAIL SURGERY**

1. Some discomfort is to be expected.  
Take Aspirin or Tylenol: 2 tablets (650 mg) every four (4) hours as needed.
2. The day following surgery, you may begin soaking your foot:
  - unravel the dressing (if difficult or blood-soaked, place in water first)
  - place two (2) capfuls of Betadine in 1 quart of lukewarm water.
  - soak your toe(s) for 10-15 minutes.
  - during the first and second week after surgery, soak your toe(s) three times per day.
3. After soaking your toe(s), pat dry and clean the surgical site with a clean cotton swab (Q-Tip).
4. Some drainage is normal:
  - cover with a band-aid the first few days after surgery.
  - thereafter, keep it clean but when possible leave open to the air to help dry out the toe(s).
5. You may bathe as usual, but pat dry the nail and apply the Betadine with a cotton swab (Q-Tip) afterwards.
6. **NOTE**  
**PLEASE BE AWARE THAT IT IS NORMAL FOR YOUR TOE(S) TO BE RED, TENDER AND DRAINING (CLEAR FLUID) AFTER NAIL SURGERY. THIS IS NOT AN INFECTION.**
7. Tenderness will occur for 1-2 weeks at the root of the nail.
8. If any questions or problems develop, please call the office. Please keep your follow-up appointments so the Doctor can evaluate your progress.

Signed \_\_\_\_\_ Date \_\_\_\_\_

PP/dp