

Dundee Foot & Ankle Center
31 West Dundee Rd
Wheeling, IL 60090
(847) 215-1525

INSTRUCTIONS FOLLOWING NAIL SURGERY

1. Some discomfort is to be expected.
Take Aspirin or Tylenol: 2 tablets (650mg) every four (4) hours as needed.
2. Leave the Bandage on for **24 hours**. Follow the instructions below
3. The day following surgery, you may begin soaking your foot:
 - unravel the dressing (if difficult or blood-soaked, place it in water first)
 - Place two capfuls of Betadine, Epsom salt or 2 capfuls of vinegar in lukewarm water.
 - Soak your toe(s) for 10-15 minutes.
 - during the first and second week after surgery, soak you toe(s) 2 times per day
4. After soaking you toe(s), pat dry and clean the surgical site with a Q-tip. After your done cleaning put antibiotic ointment and band-aid on surgical site.
5. Some drainage is normal:
 - cover with band-aid in the morning and at night time do not use a band-aid. Let the surgical site get some air.
6. Taking a Shower
 - You may bathe a usual, but pat dry the nail and apply the betadine with a q-tip afterwards.

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 A INFECTION.

7. Tenderness will occur for 1-2 weeks at the root of the nail

If you have any questions or problems please call the office. PLEASE KEEP YOUR FOLLOWING APPOINTMENT.

Signature_____ Date_____