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# Post-Op Instructions After Nail Surgery

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## Overview

We removed your ingrown toenail because of pain or infection.

## Post-Operative Care

You will need to begin soaking your procedure site twice daily (~15 minutes each time) in one of the following solutions for the first week:

- Warm water with antibacterial soap (Dial is a good example)
- Epsom Salt: 1-2 Tablespoons in ~1 quart of warm water
- Optional: Betadine or Povidone-Iodine: The mixture should look like the color of weak tea

After soaking please apply triple antibiotic ointment or any prescribed medication and cover with a Band-Aid.

## Activities

I recommend that you limit your activities for the rest of the day. Sporting events are not recommended the same day of surgery.

## Work / School

I think returning to work or school is acceptable in most cases.

## Evaluation of the Operative Site

It is not uncommon for scab like tissue to develop. You may remove this with a cotton-tipped applicator or Q-tip. If you develop increasing pain or redness that extends to the base of your toe please contact the office. A little bit of drainage is expected. Depending on the procedure performed and your medical history these can take up to a month to completely heal.

## Week Two Post-Procedure

*Starting in week two you only need to apply triple antibiotic ointment (or prescribed medication) and a Band-Aid during the day. No dressing is needed at night.*

*You can reduce your soaks to once daily.*

*If Phenol (the chemical used to kill the nail root) has been used it is common to still have some drainage present.*

*You should still continue to monitor the area for any signs of infection:*

- Redness
- Swelling
- Increased pain
- Increased drainage
- Increased skin temperature to the toe
- Non healing

If you suspect any problems with your surgical site please contact the office @ 830-491-9211.

Thank you for allowing me to care for you.