

Ashland / Mansfield Foot and Ankle Specialists

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Diplomates of The American Board of Podiatric Surgery* Certified Wound Center *

American College of Foot and Ankle Surgeons*

NAIL Surgery Post - Operative Instructions

General Information

Stay off your feet as much as possible today. You may wear any shoe, sandal or open toe footwear that does not squeeze or constrict your toe. Your toe may remain numb for up to 6-10 hours after the procedure.

Bleeding

Slight bleeding, discoloration and/or drainage are normal.

Discomfort

You can elevate your foot to help alleviate minor swelling, bleeding and discomfort. You may also take Aspirin, Tylenol or other over-the-counter pain relievers as directed on the package. If pain is not controlled to your comfort, please contact our office.

Removing the surgical bandage/dressing

The day after the surgery, carefully remove the dressing and shower/bathe as normal. If the gauze or dressing sticks to the surgical area, dampen it with water or shower/bathe with the dressing in place. This will make the dressing easier to remove with minimal discomfort. Blot dry with a clean cloth.

**Band-aid and anti-biotic ointment should be changed twice daily
until your follow up appointment with the doctor.**

AMERIGEL INSTRUCTIONS

Remove the dressing the day after
your procedure and shower/bathe as
normal – Blot dry with a clean cloth

Apply Amerigel Wound Dressing ointment
and cover with a band-aid wrapped around
the toe like a ring

Change bandaid and Amerigel twice daily
until follow up appointment with doctor

POST OP INSTRUCTIONS

Remove the dressing the day after
your procedure and shower/bathe as
normal – Blot dry with a clean cloth

SOAK the foot twice a day in warm soapy
water or use a mixture of 1 quart warm water
with ¼ cup Epsom salts

After soaking, apply antibiotic ointment and
bandaid until follow up appointment with
doctor

If you have questions or concerns, please contact our office

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