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POST OPERATIVE INSTRUCTIONS FOR NAIL SURGERY

1. Gently remove dressing in the morning and start soaking. If you have difficulty removing the dressing, soak with the dressing on and gently remove it.
2. Soak twice daily for 15 minutes in warm water and Epsom salt. Epsom salt solution is prepared by taking 2 tablespoons of Epsom salt and mixing it well in a basin of room temperature water. **DO NOT USE HOT WATER.**
3. After soaking, apply the antibiotic cream or ointment and cover with a Band-Aid. The medication is applied twice daily during the first week.
4. Starting on the fourth day after surgery, while soaking your foot, gently scrub the affected toe area with a washcloth to remove any scab formation. Scrub even if there is no scab formation. You continue to soak twice daily for the entire week.
5. The doctor will see you in 7 to 10 days to check your progress. At that time, your toenail area should still be draining out but should be less red and painful. If all is going well, you will be asked to stop soaking and begin to use soap and water.
You will scrub the affected area twice a day with soap and water with a washcloth. After your scrubs apply any antibiotic cream to the area. Cover the affected toe with a Band-Aid except when sleeping. The cream is applied twice daily and continues for a week.
6. You can bathe or shower as long as you follow the appropriate instructions noted above.
7. **DO NOT WEAR SHOES THAT MAY IRRITATE THE SURGICAL SITE.**
8. If you have any questions or problems during your recovery, please call the office. If the office is closed please follow the instructions on the answering machine. We will call you back immediately.