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PATIENT INSTRUCTIONS AFTER NAIL SURGERY

1. At the time designated by the doctor, usually 2-4 hours after surgery, begin soaking. Fill up a sink full of warm water. Add 2-3 tablespoons of Epsom salt or 2-3 caps full of betadine (depending on the doctors' instructions) into the water.
2. Take off the compression bandage.
3. Apply some hydrogen peroxide to gauze and apply to base of affected toe to cleanse and remove any blood or blood clot.
4. Soak your toe 5-10 minutes, 3-4 times per day.
5. While soaking, massage the base of your toe, just before the open wound, while in the water.
6. Soaking is important to promote drainage and as a prevention to infection.
7. After soaking, pat dry and keep area covered and clean with a Band-Aid.
8. Do NOT use antibiotic ointment, i.e. Neosporin as this clogs the area and prevents normal drainage.
9. Wear an open toed shoe.
10. Continue soaking and wearing open toed shoe until instructed by the doctor.

With proper care, your toe should be healed in 2-6 weeks.

If there are any signs of infection (redness, pus, streaking, increasing pain), notify the doctor immediately.

Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.