

CENTEROCK



PODIATRY

POST-OP INSTRUCTIONS FOR NAIL AVULSION

Elevate your foot above your heart for 2-3 hours after the procedure to help reduce bleeding. It is not unusual for this type of surgery to bleed, so if your dressing spots with blood do not get alarmed. You may reinforce the dressing with gauze if you wish.

Keep your dressing intact for 3 days. Do not wet

After dressing is removed, to help promote healing and reduce pain and swelling, soak your foot in warm water for 10-15 minutes twice daily. You may add 1/4 cup Epsom salts to 1 quart warm water and betadine making the solution the color of ice tea. During your soaking, lightly massage the skin around the surgical site to keep the wound from closing prematurely.

Apply a small amount of Neosporin ointment or antibacterial ointment to the wound and cover with a band aid. Continue soaking and wound care until the wound is not weeping.

Pain is usually controlled and mild analgesic such as extra strength Tylenol 1-2 tablets every 6-8 hours, or Ibuprofen 200mg 1-2 tablets every 6-8 hours with a meal. If the pain is intolerable please phone the office. Fever, redness, increased swelling, and pain not controlled by medicine may be signs of infection, please call the office. If you have any questions, please call the office

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