

## Partial Nail Avulsion: Post-Procedure Care Instructions

A partial nail avulsion involves the removal of the ingrown or problematic portion of the toenail. It may be combined with a chemical matrixectomy (e.g., phenol or alcohol) to prevent recurrence. Proper post-procedure care is essential to promote healing and prevent infection.

### 1. Immediate Care (First 24 Hours):

- Leave the initial dressing in place and keep the foot elevated as much as possible.
- Avoid getting the dressing wet.
- Mild bleeding or drainage is normal during the first 24 hours.

### 2. Dressing Changes (After 24 Hours):

- Remove the old dressing and soak the toe in warm water mixed with Epsom salt or dilute vinegar (1:4 ratio) for 10–15 minutes.
- Gently dry the toe and apply a topical antibiotic (e.g., bacitracin or mupirocin).
- Cover with a non-stick dressing (e.g., Adaptic or Telfa) and wrap loosely with gauze.
- Repeat daily or as instructed by your provider.

### 3. Activity and Footwear:

- Limit walking and standing for the first 48 hours.
- Avoid tight or enclosed shoes; wear open-toed shoes or sandals when possible.
- Gradually return to normal activities as pain allows.

### 4. Pain Management:

- Take acetaminophen or ibuprofen as needed for pain.
- Avoid aspirin due to increased risk of bleeding.

### 5. Signs of Infection (Contact Your Provider If):

- Increased redness, swelling, or warmth after the first few days.
- Pus or foul-smelling discharge.
- Fever or chills.
- Persistent or worsening pain.

### 6. Healing Timeline:

- Most patients experience significant improvement within 7–10 days.
- Complete healing typically occurs within 2–4 weeks, depending on whether chemical cautery was used.
- Avoid trauma to the area during healing to reduce recurrence risk.

### 7. Follow-Up:

- A follow-up appointment may be scheduled within 1–2 weeks to assess healing.
- If chemical matrixectomy was performed, some prolonged drainage or granulation is expected.

