



## Post-Op Instructions

### What to do after a toenail procedure?

- Leave the bandage on and keep it clean and dry.

#### You may expect any of the following:

- There may be bleeding through the bandage. This is normal, and no cause for alarm.
- The toe may remain numb for 2 - 24 hours depending on the type of anesthesia used and your individual response to it.
- Some soreness may be present when the anesthesia wears off. Take two (2) Aspirin, Tylenol, Motrin, or similar tablets should relieve the discomfort.
- The toe may begin to drain slightly and may continue to do so for a couple of weeks. This will stain the bandage. The toe may appear to be infected, red, and sore. This is normal.
- The area of the toe just behind the cuticle may turn red and swell slightly with some procedures. This is no cause for alarm.

#### Day Two

1. Remove the dressing in 24 hours. If the bandage sticks, soak your foot in warm water (not hot). If needed, you may also apply hydrogen peroxide, only to loosen dried blood, to the toe to remove the dressing.
2. Begin to soak your foot in Epsom Salt using the following formula - First, fill a basin with warm water until the water level just covers your toes. Next, mix ¼ cup Epsom Salts into the water. Then, place your foot in the water and soak for 10 minutes. You may repeat this procedure once or twice daily for a week.
3. After soaking your foot, pat it dry with a clean cloth. Let the toe air dry for 3-5 minutes and apply a small amount of topical antibiotic (Neosporin, bacitracin, mupirocin etc..). Cover your toe with an adhesive strip.

#### Day Three

1. 1. Keep operative site covered with adhesive strip when wearing footwear. After the first few days you can leave it open to air when possible.
2. 2. You may start wearing a closed-toe shoe to tolerance.
3. 3. Follow up appointment with Dr. Jones as directed.

### Signs of Infection and When to Seek Help in Toenail Pain

Keep an eye out for signs of infection. Worsening pain, redness, or swelling could indicate infection, and you should contact our office if symptoms persist or worsen after 2-3 days.

If you notice any of the following symptoms, it's important to seek medical attention promptly:

- Heightened redness, swelling, and discomfort around the affected area.
- Infection spreading to other parts of the foot or leg.
- Pus or discharge from the infected area.
- Fever and chills.