

Post-Operative Nail Instructions

Stay off your feet as much as possible for the next 24 hours.

Wear wide, comfortable shoes.

Leave surgical dressing dry in place until the following morning. Some break through bleeding is normal.

OPTIONS #1

Soak toe in warm water (1gallon) with ¼ cup of Epsom Salts for 20 minutes each morning and night for 14 days until the drainage stops.

Use hydrogen peroxide after each soak. Apply a small amount of Zinc Oxide ointment or Neosporin ointment to the affected area and cover with band-aid for 5 days then discontinue ointment. Scrub the nail surgical site well after Epsom salt soaks to remove the soft scab which will allow appropriate post-surgical drainage.

OPTION #2

Apply Amerigel over the nail surgical site once a day. Cover with Bandaid for 14 days. Use hydrogen peroxide to clean between dressing changes. Scrub the nail surgical site well while showering to remove the soft scab which will allow appropriate post-surgical draining.

May take Tylenol or Advil for pain if tolerated.

Take medications as directed. If medications cause upset stomach, headache, rash or other abnormal reactions, discontinue use and call the office.

Do not drink any alcoholic beverages while taking medications.

If you have any problems or concerns, you may call the office at.....(859) 887-8026, Or after hours you can call Dr. Krestik at (859)221-7632 or Danny Albertson at (859) 229-2779 leave a message, the problem, your name and a return phone number and they will return your call.

Call the office immediately if.....

The bandage becomes overly stained (elevate foot)

Your medications do not stop the discomfort

You bump or injure the surgical site

You develop a fever over 100 degrees