

Post-Op Nail



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Post-Op Nail Instructions

The procedure you have had performed today is called a permanent partial (one or more border of the nail) or permanent total nail excision. This procedure will heal a bit differently than a simple cut or scrape; therefore we ask that you please read the follow instructions carefully.

Instructions for all patients

1. Take an easy for at least 2 hours after surgery if possible.
2. You may remove the bandage/dressing three to four hours after the procedure.
3. Apply antibiotic cream or ointment (such as; Bacitracin, Triple Antibiotic, Neosporin) and a band-aid.
4. You should soak the area with warm water, 2 tablespoons of Epsom's Salt with 2 tablespoons of white vinegar (it's okay if you don't have it) for about 5-10 minutes, 2 times a day until drainage stops and the redness resolves.
5. Showers are fine starting the day after the procedure, in fact we encourage you to shower and use a wash clothe to remove the material in the wound.
6. Do not allow the area to scab over, this will prevent drainage and will promote infection to occur. You can clean the site with a gauze pad or q-tip after soaking.
7. If the skin around the toe is white you may take of the bandage and let the skin air out for a couple hours. This whiteness is moisture in the skin and may cause irritation.
8. Increasing pain or redness two to three days after the procedure is usually not normal, please call the office if this occurs.
9. Please take all medications as directed, if they were given to you.
10. You may take Tylenol or Motrin to relieve the pain, if any.

A follow up visit is encourage 1-2 weeks following you procedure, if you cannot keep the appointment please call to reschedule and to avoid a missed appointment fee.

If you have any questions or problems following your procedure please do not hesitate to call.



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