

POST PROCEDURE INSTRUCTIONS INGROWN TOENAIL

1. You have had a minor procedure today. Expect some swelling, redness, and/or tenderness in and around the procedure site that should gradually decrease and disappear in a few days. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
 - a. Report any unusual redness, swelling, red streaks or fever at once with 101° Fahrenheit or greater.
 - b. If bleeding should occur, apply firm *uninterrupted* pressure to the area for 20 minutes. In the rare event that bleeding continues, greater than ½ dollar in size, call our office or go to the nearest emergency room. *Be extra careful if you take blood thinning medication or supplements.*
2. Prior to any dressing changes, please wash hands thoroughly with soap and water, before and after.
3. **Take antibiotics as instructed, until finished.**
4. Apply ice to the operated area, 20” on and 20” off, 1-2 times a day for discomfort and swelling, *as needed*. Do not apply ice directly to the skin. Allow skin to warm up between icing sessions.
5. Take Tylenol / Ibuprofen / Prescription medication, as instructed for pain.
 - a. Option: You can take (2) Tylenol when the toe starts to tingle and then (2) Ibuprofen, (2) hours later.
 - b. Avoid if allergic and notify Dr. Mechanik for alternatives.
6. Beginning 24 hours after your procedure - Showers are permissible *beginning the day after your procedure*, however, do not soak the affected limb(s) in a bath (bath water).
 - a. Keep bandages on while you shower for at least 5 days and change your dressing once you dry off. This is a good time to soak -
 - a. Soaking 1-2 times a day, 15-20 minutes, warm water and Epsom salts. You may add 1-2 tsp of Betadine.
 - i. 1/8th to ¼ cup of Epsom salt per gallon of water
 - b. Apply over-the-counter bacitracin ointment /AmeriGel Post-Op Ointment (Available for purchase at our Front Desk.). Use a clean cotton swab to apply, include the base of the nail for application.
 - c. Soak for 7-10 days.
 - d. Cover with a clean band-aid. Replace soiled band-aids as necessary.
7. **If a scab forms at the site, leave it in place. No picking at the scab.**
8. Wear open-toed or other non-compressive shoe gear on affected foot for the next 5-7 days.
9. Review DVT protocol, return demonstrate checking capillary refill.
10. Do not engage in any moderate to heavy physical activity for 2-3 days,
11. No public restrooms or gyms for at least 7-10 days.
12. Healing times may vary. As with any surgical procedure, complications such as infections can occur. Follow the post-op surgical instructions carefully to help reduce the risk of infection.
13. Average healing time 2-3 weeks.