

POST PROCEDURE INSTRUCTIONS INGROWN TOENAIL-PERMANENT

1. You have had a minor procedure today. The condition of your toe will worsen before it improves. Expect some swelling, redness, drainage and/or tenderness in and around the procedure site that should gradually improve. 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 if prescribed, until finished.**
4. You will experience 2nd degree burn type of symptoms. Apply ice to the operated area, 20” on and 20” off, 1-2 times a day for discomfort and swelling, as needed. Never 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 Dr. Bronner’s soap. You may add 1-2 tsp of Betadine.
 - i. 1 capful of Dr. Bronner’s castille soap per gallon of water
 - ii. Make sure the water is not too hot. Your toe will be sensitive to heat.
 - b. Apply (physician strength) AmeriGel ointment (Available at our Front Desk.). Use a clean cotton swab to apply, include the base of the nail for application.
 - c. Soak for 10-14 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 7-14 days.
9. Do not engage in any moderate to heavy physical activity for 5-7 days,
10. No hot tubs or swimming pools for at least 6 weeks from procedure date.
11. 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.
12. Average healing time 3-4 weeks.