

## **Preparation for Toenail Surgery**

Preparing for toenail surgery is an important step in ensuring a successful procedure and promoting recovery. Below are detailed instructions to follow in the days leading up to your appointment:

1. Begin by soaking the affected toe(s) in warm water. Ensure that the water is deep enough to fully submerge your foot/feet.
  - a. Use 1.5 to 2 capfuls of Dr. Bronner's soap per gallon of warm water for optimal results.
  - b. Soak your foot/feet for a duration of 10-15 minutes.
  - c. This process can be repeated once or twice daily in a tub or basin until your next appointment.
2. Once your toe(s) are completely dry, apply a small amount of Amerigel to the affected side(s) of your toenail(s) using a cotton swab (Q-tip).
3. After application, wrap a Band-Aid around the toe(s) to protect the area.
4. It is crucial to take and complete all prescribed antibiotics, preferably with food, to aid in your recovery and prevent infection.
5. Please remember to return to the office in 10-14 days for your scheduled procedure.

### **Benefits of the Soaking Routine with Dr. Bronner's.**

1. **Antimicrobial Action:** The soap contains natural oils, such as tea tree and eucalyptus, which possess antimicrobial properties. This can help in preventing and treating infections, including athlete's foot.
2. **Detoxification:** Soaking your feet in warm water with Dr. Bronner's hemp soap may help open pores and facilitate the release of toxins from the body.
3. **Improved Circulation:** The warmth of the soak, combined with the invigorating properties of peppermint oil, can enhance blood circulation in the feet.
4. **Softening Calluses and Corns:** Regular foot soaks with this soap can assist in softening hard skin, making it easier to remove calluses and corns.

By following these guidelines, you will be taking proactive steps to prepare for your toenail surgery and support your overall foot health.