



**Post Operative Instructions
for Nail Procedures**

**SURGERY HAS BEEN PERFORMED ON YOUR TOENAIL PLEASE FOLLOW
THESE INSTRUCTIONS FOR A QUICK RECOVERY**

1. Staining of the bandage is normal and there is no reason for concern.
2. Keep the bandage dry, clean and intact. Do NOT remove until the following day.
3. Beginning the day after surgery, soak your foot two times a day in clear warm water and Epsom salt (five tablespoons per quart) for a minimum of 20 minutes. It will help removal of the bandage the first time, if you soak it in the water prior to removal.
4. Apply about two of the prescribed medicated drops to the nail border after each soak.
5. Keep the site covered loosely with a Band-Aid® daily.
6. Take Tylenol® or Motrin® (ibuprofen) for discomfort if needed, most patients do not require any.
7. Refrain from wearing tight shoes or hose that put excessive pressure on the toe, most patients wear their regular shoes.
8. You are to continue to soak the site and use the drops until you have been instructed to discontinue. The successful result of your surgery depends on the careful following of these instructions, Your cooperation will lead to a prompt recovery.

If there are any questions or problems do not hesitate to call the office

(949) 831-4000