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Foot and Ankle Surgery

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Nail Procedure Postoperative Instructions

- **Wound Care**
 - Soak the procedure site for 15 minutes in warm water with either hand soap OR epsom salts
 - Non infected: ONCE a day
 - Infected: TWICE a day
 - Cover the toe with a bandaid and antibiotic ointment OR cream (Neosporin/Polysporin/prescribed medicine) once a day when the foot is in a shoe
 - Leave the toe open to air several hours a day/during sleeping hours unless instructed otherwise
 - Bathing or showering is acceptable provided:
 - Toe(s) does not soak in bath water longer than 5 minutes (try to keep toe out of shower water)
 - Toe(s) is/are cleaned once bathing is completed
- **Anesthesia**
 - Expect your toe nerve block to wear off 3-6 hours after your procedure, but its normal that your toe could be numb for up to 12 hours
- **Pain management**
 - Over the counter Ibuprofen or Tylenol as needed
 - Recommended combination following procedure:
 - Tylenol 500mg once arriving home after the procedure PLUS
 - Ibuprofen 600-800mg after dinner before bedtime
 - Other recommended pain management dosages:
 - Ibuprofen 600-800mg every 8 hours as needed OR
 - 500mg Tylenol every 6 hours as needed
- **Activity**
 - There are no limitations to activity unless instructed otherwise
 - Running, gym workouts, walking, returning to work are acceptable the day of procedure
 - Patients should refrain from exposing toe(s) to pools or open water for 2-4 weeks after the procedure
- **Antibiotics/infections:**
 - Post operative infections are rare but possible. Signs and symptoms include:
 - Redness around the nail or extending up the toe
 - Thick yellow drainage (clear or light yellow drainage or residue is normal when using antibiotic ointment or cream)
 - Oral antibiotics are only needed if prescribed by your physician. Do not take leftover antibiotics from a previous infection. If a concern of infection arises several days following the procedure, please contact the office