

The Podiatry Associates

Post nail surgery Advice

Things to do after surgery:

- **REST-** Kick back on the couch for the remainder of the day. Give your toe a chance to recover from surgery.
- **ELEVATE-** Keep your foot/feet elevated higher than your heart level to reduce swelling. **Swelling = Pain**
- **Take a Tylenol or Advil-** If you have some discomfort. Ensure you are not allergic to these medications before you take them.
- **Keep your dressing on until instructed-** We want the wound to stay sterile for the first couple of days. If you see blood through the dressing place a piece of sterile gauze on top of the existing dressing-**DO NOT** take off the original dressing!
- If you have a lot of pain contact our office or your family doctor, there should never be a lot of pain!

Things NOT to do after nail surgery:

- Do not wear constrictive footwear. Wear your sandals if possible.
- Do not overexert yourself. The more you are standing/walking on your foot/feet, the more it will swell. Remember what swelling equals!
- **DO NOT GET YOUR FOOT WET!** If the bandage gets wet bacteria can enter your toe and it may become infected, which will delay healing time.

After I perform your surgery/tell you when to remove the bandage, you will need to soak and dress the wound daily. Here is what you must do:

- Prepare a basin of warm water.
- Add 2teaspoons of table salt.
- Remove dressing and soak foot/feet for 10 minutes.
- Allow foot/feet to air dry - keep your foot/feet sterile; do not touch your toe.
- Apply creams/ointments prescribed, if any.
- Place gauze over toe.
- Tape the gauze on or use the tube gauze to secure the dressing.

Keep the dressing on when you shower and cover it with a glove. By covering it you won't allow the dirt from your body to wash into the wound. **If you get the dressing wet, you need to change it.**

Remember to call if you have any major discomfort or see redness, swelling or pus discharge(white). It is normal to have yellow discharge.

709 739 3338

