



Family Foot & Ankle Care
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Date: _____ Patient: _____

Area(s) of care: _____

POST-OPERATIVE INSTRUCTIONS FOR TOENAIL SURGERY

1. Remove the bandage at the time instructed by your surgeon. If the bandage adheres to the surgical site, soak as directed with the bandage on. When the bandage loosens, gently remove from the surgical site.
2. Soak your toe(s) in one quart of warm water with 4 Tablespoons of Epsom salts. Soak your foot/feet for 15 – 20 minutes twice a day. Try to soak your foot/feet at the same time every day (once in the morning and once at night). It is acceptable to soak more frequently. **However, you must soak at least once a day.*
3. Remove your toe(s) from the soak water. Cleanse the surgical site(s) with a clean cotton swab (Q-tip). The Q-tip should be soaked with Hydrogen Peroxide. Clean the surgical site(s) (the area of the nail that has been removed) with the cotton swab twice. Do not use the same side of the swab more than once.
4. Apply an antibiotic cream (ex. Neosporin) to the surgical site. Do not use an ointment as this interferes with normal healing.
5. Cover the surgical site(s) with a Band-Aid.
6. Follow these instructions until otherwise notified by your surgeon. DO not change the post-operative care on your own.
7. If you have any fever, chills, increasing discomfort, redness of the toe(s) and/or foot, foul smelling and/or thick drainage, and increased swelling please call your surgeon at (201) 874-3561. If you have Diabetes and experience an unexplained increase in your blood sugar, call your surgeon.
8. You have been given the following medication(s). Your instructions are:
 - a. Pain Medication: _____
 - b. Antibiotic: _____
9. It is normal to have some non-infected clear or watery yellow drainage for several weeks after the surgery.