



**Thomas F. Vail, D.P.M., F.A.C.F.S.**

Podiatrist –Foot Surgeon  
1725 Western Ave., Suite C  
Findlay, Ohio 45840  
419-423-1888

*Board Certified – American Board of Podiatric Surgery*

## **Post-Operative Instructions for Ingrown Toe-nail Removal**

**General Information:** Expect your toe will be numb for approximately 2-6 hours after the procedure. On your way home do sit in the back seat and prop your feet if you have a driver. Keep propped until numbness wears off. Some patient's numbness continues the day after.

**Bleeding:** Slight bleeding, discoloration and drainage are normal. This may last for up to and including 2 weeks. Slight tenderness and redness are also normal within this period.

**Watch for signs of infections:** i.e. pain, redness, swelling, pus, red streaking up your foot and/or leg, fever or chills. If you should develop any of the above, call our office immediately at 419-423-1888 and tell the person answering the phone that you recently had surgery and need to speak with a doctor's assistant. If after hours the doctor will be paged.

**Discomfort:** There is typically only mild discomfort with this procedure. If you are experiencing significant pain the day of the procedure immediately remove the bandage and soak for 15 to 20 minutes using **Tea Tree Soaking Crystals** (preferred method-pre-packaged and available at Clinic) or 2 tablespoons of Epsom Salt in lukewarm water and follow the directions below under "Applying Another Dressing". If needed begin taking Aspirin, Tylenol, Excedrin or whatever your stomach can tolerate, 2 tablets every 4 hours for discomfort. If this does not help with the pain, you may want to call the office.

**Removing the Bandage:** Keep the area dry until tomorrow morning (do not try to use a plastic bag over feet to take a bath or shower). Then, remove bandages and bathe as normal. If the gauze or bandage sticks to the area, dampen it with water or shower/bathe with the bandage in place. This will make it easier to remove with minimal or no discomfort. Scrub the surgical site with soap and water. Dry the area and apply Amerigel to the operative site and cover with accommodative dressings.

**Applying Another Dressing with Amerigel Post-Op Kit:** Spray a small amount of Amerigel wound wash on the surgical site(s), blot dry with cotton ball and apply a thin layer of Amerigel ointment. Cut a suitable size piece of gauze to fit directly over the nail bed. Place 1-2 pieces of gauze directly over the surgical site and secure in place with one of the band-aids given in the kit. The band-aid should be applied around the toe resembling a ring. This should be done daily the full 2 weeks until your next appointment.

*The Amerigel Post-Op Kit is the preferred method of dressing changes for ease of use and faster healing & recovery times, but if you choose not to use the Amerigel Post-Op Surgical Kit then do the following:*

*Tomorrow morning, remove bandage and start soaking twice a day for twenty minutes in warm soapy water. After soaking, apply cortisporin otic solution, wait ten minutes then apply betadine ointment (over-the-counter), nonstick gauze and a band aid.*

© This form is the property of Dr. Thomas F. Vail, DPM. No portion of this form may be copied or used for commercial, web, print or other unauthorized use. Unauthorized copying of this form for use is strictly forbidden and enforced.