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Board Certified – American Board of Podiatric Surgery

Post-Operative Instructions for Nail Avulsion

- **General Information:** Expect that 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 patients experience numbness the following day.
- **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 answering service will contact the doctor.
- **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! They do not work. You may purchase a Drycast ring at our office to step into for showering.). 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 Ointment:** Tomorrow morning, remove bandage and start soaking twice a day for twenty minutes in warm soapy water. After soaking, apply amerigel ointment (preferred method by our clinic) or an anti-bacterial ointment (cortisporin ointment) to the site and another non-stick gauze dressing and a band aid.

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