

# ARIZONA FOOT & ANKLE SURGERY

## POST-OPERATIVE INSTRUCTIONS FOR IN-OFFICE NAIL PROCEDURES

1. Keep foot dry and bandaged for 24 hours after nail procedure.
2. Elevate surgical foot as much as possible and keep activities to a minimum.
3. Some bleeding is expected. If after elevation, the bleeding continues to be bright red and does not clot on the bandage, please call our office.
4. After the first 24 hours, remove the dressing and packing underneath. You may soak the dressings for easier removal. You may shower at this time.
5. **AFTER Showering:**
  - a) For a **Partial Nail Removal**, you may soak your foot in a basin of warm Epsom salt water for 10-15 minutes once a day for the first week.
  - b) For a **Total Nail Removal**, gently wash with mild soap and water daily but do not soak as this may cause burning sensation due to the exposed raw nail bed.

**\*\*\*Afterwards, dry foot with a clean towel, apply antibiotic ointment and band-aid for 4-5 days or until drainage has stopped but continue with application of a band-aid until follow up appointment\*\*\***

6. Clear drainage can be expected for up to three (3) weeks.
7. Some redness and tenderness can be expected after the numbness wears off. Take an OTC medication such as Tylenol or Advil as needed.
8. The redness and tenderness at the operative site can occur for 2-3 weeks after a permanent procedure has been performed. However, if you have an increase in pain, swelling or redness, please notify the physician.
9. Wear shoes that do not apply pressure to the toe. Swimming is allowed after the first 72 hours.
10. If you are placed on an antibiotic prior to or after procedure, take the prescription until it is gone.

**\*Notify the physician immediately or call 911 if any allergic reaction occurs\***

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