



# Intercoastal Podiatry

## **TOE NAIL REMOVAL POST PROCEDURE PATIENT INSTRUCTIONS**

### **PAIN MANAGEMENT**

- Some mild discomfort is normal within the first 72 hours. If you experience excessive pain, drainage or fever, please call our office as soon as possible.
- If issued medication, take as prescribed by Dr. Dreyer.
- If no medications were prescribed, take Motrin or Tylenol as needed for pain.
- The injection of local anesthetic medication you were given will last between 2-6 hours.

### **INSTRUCTIONS**

- Do not touch surgical dressing for 12-24 hours. Keep area dry during this time.
- After 12-24 hours, soak the foot in warm water with 2 tablespoons epsom salt for 15 minutes and then take Q-tip and remove debris AWAY from nail border/ base. Perform this daily for 2 weeks.
- Cover area with a wide band-aid with a drop of antibiotic cream (not ointment) when active during day. Remove bandage to air dry in the evenings, after work and activities are complete, for several hours.
- Do not use a toothbrush or scrub the nail.
- Continue daily 15-minute soaks for 2 weeks until you return to our office for follow-up.

### **EXPECTATIONS (for permanent chemical procedure)**

- The area will be red and angry looking for at least 2-4 weeks due to chemical burn.
- There will be drainage for 2-4 weeks.
- Some will think this is infected, when it is usually a normal reaction from the chemical.
- Oral antibiotics are usually not required.

### **SEEK MEDICAL ATTENTION IF:**

- increase in pain or swelling to area.
- if fever >101.5 degrees with or without chills.

Please see the Nurse with any questions and see your medical provider if the Nurse is not available.