

INSTRUCTIONS FOLLOWING TOENAIL SURGERY

1. ELEVATE your feet following surgery.
2. BANDAGES:
 - A. Remove bandage(s) in 24 hours.
 - B. Mix one tablespoon of Epsom salts per quart of warm water. Soak operative area(s) in the solution for 10-15 minutes twice daily, until your first post operative visit.
 - C. Apply an antibiotic ointment followed by a knuckle bandage after soaking.
3. PAIN: The operative area may remain numb for 2-24 hours depending upon the type of anesthesia used and your individual response to it. If during the first 24 hours you experience a great amount of pain, your dressing may be too tight. Remove the dressing and apply a new one. After this time, should you have any discomfort, Aspirin, Tylenol, or Ibuprofen should suffice.
4. BLEEDING: Do not be alarmed by bleeding. If additional dressing is required, apply snugly for compression.
5. PROLONGED HEALING: Drainage may occur from the nail bed for up to 8 weeks following surgery. This most commonly occurs when the complete toenail is removed and the patient has a history of cigarette smoking, Diabetes, and/or Peripheral Vascular Disease.
6. PROBLEMS/QUESTIONS: Please call our office for assistance should any problems or questions arise.
7. PURCHASE THE FOLLOWING:
 - A. Antibiotic ointment (Neosporin, etc.)
 - B. Knuckle bandages
 - C. Epsom salts

Blackmer
**FOOT &
ANKLE**
Group



319-0497

MERIDIAN
Across from
St. Luke's

3090 Gentry Way

BOISE
Parkcenter
Area

727 E. RiverPark Ln.

NAMPA
Corner of
Midland & Caldwell

1001 Caldwell Blvd.