

INGROWN TOENAIL

POST-PROCEDURE INSTRUCTIONS



1. SOAK

- Beginning today, soak your toe 2–3 times daily for **5–10 minutes** in warm water with 1–2 tablespoons of Epsom salt per quart (4 cups) of water.
- Warm soapy water is acceptable if you do not have Epsom salt.



2. CLEAN

- During and after soaking, gently remove any loose drainage or crust with clean gauze or a cotton swab.
- Do not scrub the area.



3. APPLY OINTMENT/CREAM

- Apply a thin layer of antibiotic ointment/cream (such as triple antibiotic) unless another medication was prescribed.



4. DRESSING

- Cover with a clean gauze dressing.
- Change the dressing after each soak and whenever it becomes wet or dirty.



WHAT TO EXPECT

- Mild soreness or tenderness
- Small amounts of clear, yellow, or pink drainage
- Mild redness around the nail

If phenol was used to prevent the nail from growing back, drainage may continue for 2–4 weeks. This is expected.



ACTIVITY

- Walk as tolerated in comfortable shoes or sandals.
- Elevate your foot when possible during the first 24 hours.
- Avoid strenuous activity the first day.
- Avoid swimming pools, hot tubs, lakes, and rivers until the toe has healed.



PAIN RELIEF

You may take Tylenol® (acetaminophen) or Advil®/Motrin® (ibuprofen) as directed, unless your physician has instructed otherwise.



CALL OUR OFFICE IMMEDIATELY IF YOU DEVELOP:

- Increasing redness spreading up the toe
- Thick green or foul-smelling drainage
- Severe pain not relieved with medication
- Increasing swelling after the first few days
- Fever greater than 100.4°F
- Excessive bleeding that does not stop with firm pressure



HEALING

Most patients heal within 2–4 weeks. Healing may take longer if you have diabetes, poor circulation, or use tobacco. Continue soaking and dressing changes until drainage has stopped and new skin has formed.



1950 US Hwy 51 Bypass North, Suite C
Dyersburg, TN 38024



731-325-5360



walkerfootandankle.com

If you have any questions or concerns, please call our office. We are happy to help.