

Dear patient,

Your doctor has just performed a procedure to remove an ingrown nail. This is only the first step in the treatment of the problem. Your comfort and quick recovery depend on how well you follow these postoperative instructions.

AT
OXFORD PODIATRY
WE CARE ABOUT YOU

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INGROWN TOENAIL CARE INSTRUCTIONS



OXFORD
PODIATRY

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PLEASE FOLLOW
THESE INSTRUCTIONS:

You will need:

- o Epsom/Medicated salt.
- o Q-tips or brand new clean toothbrush.
- o Bucket for soaking.
- o Band aids.
- o 2x2 sterile gauze.

INSTRUCTIONS:

1. Keep foot elevated above the heart for 2-3 hours after procedure.
2. Avoid walking or standing to minimize bleeding.
3. If bandage become soaked with blood: elevate foot, apply compression and call the office.
4. Remove the bandage in 1-2 hours and soak for the 1st time. Remove cotton in the crease of your toenail.

5. Soak foot in bucket of warm water with 2-3 tablespoons of Epsom salt for 10-15 minutes. Use Q-tip or clean brand new toothbrush to gently clean.

6. After soaking, dry off foot and cover the toe with a small square of gauze and band-aid.

7. Please DO NOT use any ointment or creams on the toenail.

8. Repeat these steps no less than 2-3 times a day until your follow up appointment.

9. If you experience pain, please take Tylenol or ibuprofen as needed.

10. Keep your follow up appointment.

11. If you have any questions or problems, please call the office immediately.