

## Instructions following Nail Surgery

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### GENERAL INFORMATION

Stay off your feet as much as possible today. You may wear any shoe, sandal or open toe footwear that *DOES NOT* squeeze, constrict or put pressure on your toe(s). Your toe(s) may remain numb for up to 10 hours after the procedure. Please contact our office with any concerns you may have.

### BLEEDING

Slight bleeding, discoloration and drainage are normal. If your bandages are completely soaked with blood or you think you're bleeding is excessive, please contact our office.

### DISCOMFORT

You can elevate your foot to assist in alleviating minor swelling, bleeding and discomfort, all of these symptoms are normal in moderation. You may take over the counter pain relievers as directed on the package or any medication prescribed by Dr. Respass. If you are experiencing inadequate pain control, please contact our office.

### REMOVING THE SURGICAL BANDAGE

Starting 24 hours after the procedure carefully remove the dressings. Begin soaking with warm water and Epson salt solution for 10 – 15 minutes in the morning and at night. Continue for 4 days after surgery.

### CHANGING THE BANDAGE

After showering or soaking, blot the surgical site dry and apply Triple Antibiotic Cream or Neosporin Cream. Cover with a band-aid or gauze and band-aid. The dressing should be applied around the toe resembling a ring and should be changed daily at a minimum. If no shoes are being worn and you are going to be in a controlled environment, i.e. your house, then the bandage may be left off. This will aid in wound healing by allowing the surgical site to "breathe".

NOTE: You **MUST** keep the surgical site **CLEAN & DRY** at **ALL** times to allow for an optimal healing environment. Continue for 4 days.