

NoVa Foot and Ankle

Dr. Ami Parikh, DPM
Dr. Stanley Idiculla, DPM
Stuart Professional Plaza
112 Elden Street, Suite D, Herndon, VA 20170
Telephone: 703-437-5353
Fax: 703-437-6941

POST OPERATIVE CARE OF INGROWN/TOENAIL REMOVAL

PROPER CARE DURING THE POST OPERATIVE PERIOD IS AN INTEGRAL PART OF YOUR TREATMENT PROGRAM. IT IS IMPORTANT THAT THESE INSTRUCTIONS ARE FOLLOWED TO INSURE PROPER HEALING AND TO OBTAIN OPTIMAL RESULTS.

NEED TO PURCHASE:

1. EPSOM SALTS
2. BETADINE

1. When you return home keep your feet elevated six inches above hip level. Have any prescriptions filled, if any were given to you and follow these post-operative instructions.
2. Ice on your toe during the first 24 hours will help diminish the post-operative discomfort and swelling.
3. Leave the office bandage on for 24 hours. Remove the bandage after soaking in Epsom Salt (**Add 2 tbsp. of Epsom Salts to 1 Gallon of Water as warm as is comfortable**) for 20-30 minutes.
4. Soak the foot in Epsom Salts then apply ointment and bandage for 2 weeks. Your regular shoe may be worn.
5. **After 2 weeks, NO LONGER USE OINTMENT OR BANDAIDS!** Soak toe bed in Epsom salt soaks, dry thoroughly and dab with iodine. Do this for the next 3 days allowing the body's natural scab to form.
6. Limited swelling is expected and the base of the toenail may take on a bruised red appearance. This is no cause for alarm. A small amount of initial bleeding is normal.
7. If you notice any redness that extends past the level of the toe joint (knuckle) or you have increasing pain or swelling, call office immediately. If you have any problems or concerns, call the office.