



Post-Surgical Instructions for Ingrown Toenails

1. Leave the bandage on until tomorrow morning. A small amount of blood on the bandage is normal and is not cause for alarm.
2. Tomorrow morning, remove all bandages and soak your foot for 10-15 minutes in warm water with 1 tablespoon of Epsom salts per quart of water. Dry the foot completely after soaking.
3. Soak your foot as directed above 2-3 times a day for the next 10-14 days.
4. While soaking you may use a Q-tip to clean the nail groove(s).
5. Apply a thin coat of Neosporin, or a similar antibiotic ointment.
6. Cover with gauze or Band-Aid.
7. You may bathe and shower. Be sure to dry toe completely and repeat steps 5 and 6 when done.
8. Redness, drainage and tenderness are expected after this surgical procedure, and may last as long as 4 weeks after the procedure.
9. Patients are typically able to wear regular shoes and attend to normal day-day activities the day after the procedure.
10. Most of the pain should be relieved with 800mg Ibuprofen or 2 Aleve or another over the counter pain medication.
11. Keep your follow up appointment as scheduled in approximately 2 weeks. This will help ensure the ingrown nail is effectively treated and will limit the possibility of infection.

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BUNIONS

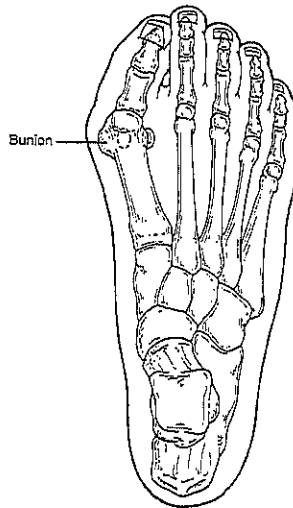
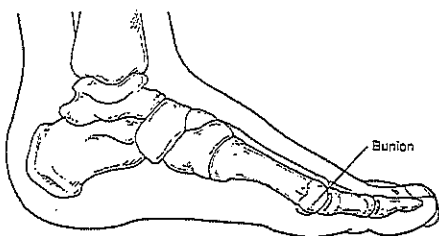


Even though bunions are a common foot deformity, there are misconceptions about them. Many people may unnecessarily suffer the pain of bunions for years before seeking treatment.

What Is a Bunion?

Bunions are often described as a bump on the side of the big toe. But a bunion is more than that. The visible bump actually reflects changes in the bony framework of the front part of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This throws the bones out of alignment—producing the bunion's "bump."

Bunions are a progressive disorder. They begin with a leaning of the big toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump, which continues to become increasingly prominent. Usually the symptoms of bunions appear at later stages, although some people never have symptoms.



What Causes a Bunion?

Bunions are most often caused by an inherited faulty mechanical structure of the foot. It is not the bunion itself that is inherited, but certain foot types that make a person prone to developing a bunion.

Although wearing shoes that crowd the toes won't actually cause bunions in the first place, it sometimes makes the deformity get progressively worse. That means you may experience symptoms sooner.

Symptoms

Symptoms occur most often when wearing shoes that crowd the toes—shoes with a tight toe box or high heels. This may explain why women are more likely to have symptoms than men. In addition, spending long periods of time on your feet can aggravate the symptoms of bunions.

Symptoms, which occur at the site of the bunion, may include:

- Pain or soreness
- Inflammation and redness
- A burning sensation
- Perhaps some numbness

Other conditions which may appear with bunions include calluses on the big toe, sores between the toes, ingrown toenail, and restricted motion of the toe.

Diagnosis

Bunions are readily apparent—you can see the prominence at the base of the big toe or side of the foot. However, to fully evaluate your condition, the podiatric foot and ankle surgeon may take x-rays to determine the degree of the deformity and assess the changes that have occurred.

Because bunions are progressive, they don't go away, and will usually get worse over time. But not all cases are alike—some bunions progress more rapidly than others. Once your podiatric surgeon has evaluated your particular case, a treatment plan can be developed that is suited to your needs.

Treatment

Sometimes observation of the bunion is all that's needed. A periodic office evaluation and x-ray examination can determine if your bunion deformity is advancing, thereby reducing your