



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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