

# **INGROWN NAIL/WART**

## **INSTRUCTIONS**

- If possible, limit the amount of walking for the remainder of the day.
- Leave bandages on for 24 hours
- Soak your foot in warm Epsom Salt soaks 2-3 times a day, 10-15 mins. for the first 7 days. (Solution for the soak is 1 tablespoon of Epsom Salt with 1 quart of warm water.)
- After the soaking, apply Bacitracin or any triple antibiotic ointment to the area. Apply half a sheet of the sterile gauze to the toe, and wrap a band-aid around the toe to hold the gauze in place. Continue this process for 7-8 days.
- After 8 days decrease the soaks to 1 time each day, at bedtime. Leave the wound open to dry at night and cover with ointment and band-aid during the day as needed, for protection.

### **Possible Reactions**

- The wound may drain for 10-20 days. Drainage is clear, possibly some red mixed with clear.
- If you have a reaction to the phenol, you may experience some blistering at the base of the nail matrix.
- You may notice some dry crusty cell build up around the borders of the nail. Gently debride border(s) with a wash cloth, as needed.
- If toe(s) become more painful, red, feverish to the touch, or thick yellow/green drainage. These are signs of infection please call 801-576-0476