POST-OPERATIVE INGROWN TOENAIL SURGERY INSTRUCTIONS

General Information

Stay off your feet as much as possible today. Keep your foot elevated as much as possible. 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 6-10 hours after the procedure. Please contact our office if you have any questions or concerns.

Get your antibiotic prescription filled and begin taking the medicine today.

After two full days, you may resume taking a regular shower. Just leave your dressing on while bathing. When you are at home in a clean environment, you may leave the dressing off to allow air to get to the toe. This will help it to dry, heal, and form a scab. Please do not remove the scab yourself; it is important for you to keep your follow-up appointments so that Dr. Lang can debride your scab properly.

Bleeding: Slight bleeding, discoloration, and drainage are normal. Drainage may occur for 4-6 weeks.

Discomfort: You can elevate your foot to help relieve minor swelling, bleeding, and discomfort.

Throbbing at the surgery site is normal. You may also take Tylenol or other over-the-counter pain relievers as directed on the package. If you continue to experience pain or discomfort after trying these remedies, then contact our office.

Removing the Surgical Bandage: Leave the dressing on and avoid getting the toe wet for the first two days after the procedure. Keep the surgical site as dry as possible when showering by wearing a shower boot, which NOPA sells for $10. Starting two days after surgery, carefully remove the dressing and shower as normal; please avoid bathing for at least two weeks. If the gauze or bandage sticks to the area, dampen it with water or shower with the bandage in place. This will make it easier to remove with minimal or no discomfort.

Changing the Dressing

The dressing should be changed twice daily. The first changing should follow your shower, and the second changing should occur eight hours later.

Step 1: After showering, blot the surgical site (nail bed) dry and apply a liberal amount of AmeriGel Wound Dressing. Stinging may occur and is normal.

Step 2: Cut a suitably sized piece of gauze to fit directly over the entire surgical site.

Step 3: Secure the gauze in place with a bandage. Important: The bandage should be applied around the toe in a shape resembling a ring. When dressing a toe, apply the bandage loosely.

Your next follow-up visit is scheduled on:

Date: ___________________________ Time: ___________________________

New Orleans Podiatry Associates
2626 Jena Street, New Orleans, LA 70115  t. 504.897.3627  f. 504.897.3339
3939 Houma Blvd, Bldg. 5, Ste. 217, Metairie, LA 70006  t. 504.457.2300  f. 504.897.3339
nolapodiatry.com  nolapodiatry@gmail.com