

**POST-OPERATIVE INGROWN TOENAIL SURGERY INSTRUCTIONS**

**General Information**

**Today:** Stay off your feet as much as possible. 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. Get your antibiotic prescription filled and begin taking the medicine **today**! Do **not** get the toe(s) wet (shower boots are available for $10).

**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** orother **over-the-counter pain** relievers as directed on the package. If you continue to experience pain or discomfort after trying these remedies contact our office.

**After two full days**: you may resume taking a regular shower but keep the wound **covered and dry**. Please **avoid soaking the foot** for at least two weeks. 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.

**Changing the Dressing: Morning of the third day**

The dressing should be changed **twice daily**. The first changing should follow your shower, and the second changing should occur about 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. **Never use alcohol or peroxide on the wound site.**

**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.

**Removing the Surgical Bandage:** 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.

Please contact our office if you have any questions or concerns.

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