

HOME CARE INSTRUCTIONS AFTER NAIL SURGERY

1. Elevate your foot/feet as soon as possible to reduce swelling and discoloration. This is best done within the hours following the procedure to your foot. Apply an ice bag over the foot for the first few hours (unless you have diabetes or are instructed otherwise).
2. **Do not** remove the bandages until the next morning unless bleeding makes the bandages wet.
3. The next morning remove all of the bandages on your foot. **Wash (use the Betadyne or antiseptic soap)** the foot. Use a wash cloth to gently cleanse the area. It is best to follow this with a soak in **warm** water with salt **or** betadyne as directed (1 tsp. Salt per quart of water **or** 2 tablespoons of Betadyne Per quart, it should look like a light tea color. If the salt water burns add water). **Wash at least two times daily. Soak at least one time in addition.** This is recommended for the first 7-10 days.
4. **Rinse and Dry** the foot well. You may use a hair dryer to remove the moisture, 10 - 20 seconds is very helpful.
5. Apply the bandage as directed. **Coban** with a gauze pad or a Band-Aid are usually used. A **small** amount of the antibiotic cream should be applied.
6. The nail bed (the part without the hard nail plate) will usually look a little red and have a small amount of drainage or weeping fluid. There should not be any pus, severe pain or redness going past the area where the toes meet the foot. If you notice this please call the office.
7. You will have a return appointment to check on your progress. If you are concerned or have any problems please call as soon as possible. Early treatment of problems is the best medicine.

Your next appointment is on _____ at _____ a.m. /p.m.

Please call for any question **(408) 378-5887**. Following my instructions will help insure the best outcome.

SPECIAL INSTRUCTIONS:

Supplies you may need, use as directed: Coban Sterile gauze pads
Betadyne = povidone solution Neosporin cream