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Post-Operative Instructions Following Nail Surgery

- Please limit your physical activity and walking for the remainder of the day as this may encourage bleeding at the surgical site.
- Elevate your surgical site throughout the day. This will help with swelling and pain.
- Please remove the dressing in 12-24 hours following the procedure.
- If the dressing sticks or is difficult to remove try soaking it off while taking a shower.
- Begin soaking the surgical site daily.
- Soak the surgical site in a clean basin designated for your foot for 10-15 minutes per session.
- Soak the site twice daily for the first week and then once daily during the second week of recovery.

Please use one of the following soaking solutions:

1) **Betadine Solution:** (Triadine or Povidone-Iodine): Mix one teaspoon of betadine per quart of warm water. The mixture should resemble the color of tea.

2) **Epsom Salt Solution:** 2 tablespoons Epsom salt per 1 quart of warm water.

3) **Antibacterial Soap Solution:** 1-2 pumps of Dial anti-bacterial liquid soap diluted in 1 quart of warm water.

- Gently dry the surgical site with a clean cloth.
- Apply topical antibiotic cream (Neosporin + Pain Relief) to the surgical site with a fabric bandaid.

***NOTE: Contact JCMG Podiatry if excessive bleeding is noted.

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