

Timothy M. Fisher, DPM



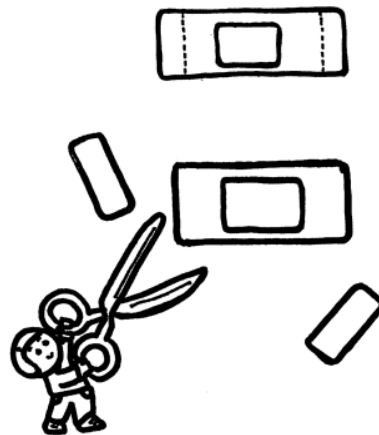
4112 Laramie Street
Cheyenne, WY 82001
Phone: (307) 514-9901
Fax: (307) 275 9880

Toenail Procedure Post-Operative Instructions

Leave the dressing we applied in place for 24 hours. After that time, get the dressing thoroughly wet, either by soaking or while bathing, and remove it. Wetting the dressing will allow it to slide off easily.

The toe should be soaked once per day in 3 to 4 quarts of luke-warm water. Add one tablespoon of Epsom salt per quart of water. Soak the foot for 15 minutes per day, approximately 12 hours from when you bathe. (If you bathe in the morning, soak in the evening.) If you don't bathe daily, soak the toe twice per day.

Following bathing/soaking dab the toenail site dry and apply a very small amount of Neosporin or other generic "triple antibiotic" ointment to the site. Keep the toenail covered with a bandaid at all times-when not soaking or bathing. You can snip the ends off the bandaid with a scissor so the ends don't overlap on the bottom of your toe. This makes it easier to take off the bandaid.



- It's normal for some clear / yellowish drainage to weep from the toenail bed for several weeks following the procedure.
- There may be some mild skin redness at the base of the nail following the procedure. This is normal. If the redness spreads up the toe and becomes painful, contact our office.
- If you had the edges of your toenail removed, you need to do **daily** soaks for approximately 3 weeks.
- If you had the entire toenail removed, you need to do **daily** soaks for approximately 6 weeks.
- Keep your follow up appointment for **2 weeks** following your procedure.