

**Cabrillo Podiatry Group
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POST NAIL PROCEDURE INSTRUCTIONS

Pain

- Your toe will stay numb for 1-6 hours, depending on the anesthetic used.
- If you have pain, take Tylenol (Acetaminophen) or Advil (Ibuprofen) for the pain. Do not take more than recommended on the bottle.
- The more you follow the soaking instructions, the less pain you will have.
- While you have tenderness, wear shoes with a wide toe box or sandals. Sandals will prevent pressure on your sore toe, but will not protect it if you bump it or something falls on it.

Soaking

- Keep your bandage on until this evening. The first time you soak, soak with the bandage on. Once the bandage is soaked through, remove it. This will prevent irritation from dried blood on the bandage.
- Soak your foot in warm water (you can add table salt or Epsom salts if you want) for 15 minutes, 3 times a day.
- Once you are done soaking, dry your foot well.
- Apply antibiotic ointment (such as Neosporin) to the area where the nail was removed and a regular bandaid.
- Soak for at least 5 days. Continue soaking as long as you have drainage (any liquid on your bandaid). Once your drainage stops and you no longer have any redness, you can stop soaking.
- If the area where the nail has been removed has dry, crusted drainage, clean the area with hydrogen peroxide and a cotton-tipped applicator (Q-tip).

Follow-up

- Make an appointment to follow-up in one week after the procedure.
 - Call immediately if you notice any of the following:
 - Redness extending up your toe or foot
 - Pus coming from the area where your toenail was removed
 - Pain that has increased. It is normal to have increased pain for up to 2 days after the procedure. It should decrease after that.
 - If you have any questions or concerns about your post-procedure care.
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