



## POST-OPERATIVE CARE FOR NAIL PROCEDURES

Lie down and rest. Keep the foot elevated above your waist by placing one or two pillows under it. Walk only to tolerance and wear only the shoes your doctor has recommended.

Take medication as directed for pain.

### ***Soaking instructions:***

- a. Start soaking the day following surgery
- b. Mix 1 tablespoon of Epsom salt (table salt, sea salt) and warm water
- c. Soak 2 times per day for 10 minutes each
- d. Towel dry. Apply antibiotic ointment (Bacitracin, Neosporin) and a bandaid until next appointment. **DO NOT USE PEROXIDE**
- e. Apply a new bandage after each soaking

Drainage is normal and may last up to one week.

Some oozing may be seen through the dressing. If it persists, notify your doctor immediately.

Schedule a follow up appointment in 7-10 days.

***If you have any questions or concerns, please call our office, 978-927-3040***