

Arlington/Mansfield Foot & Ankle Centers, P.A.

Postoperative Instructions for Ingrown Nail Surgery

The following instructions will help you take good care of your toenail and insure a good postoperative course.

The pink tissue in the corner where the nail was is called granulation tissue. The body places it in there in an attempt to close up the hole that was left there after surgery. The chemical which was used to destroy the root of the nail (if a permanent procedure was performed) is still working. It slowly dissolves the root tissue producing some drainage which must drain out over the next 2=3 weeks. If the new granulation tissue blocks the nail groove, the fluid can not get out and pressure will build up causing discomfort and delayed healing.

Day 1: Leave dressings on until tomorrow. **KEEP THE AREA CLEAN AND DRY.**
Try to wear a shoe with adequate room for your toes.

Day 2: Remove dressing. You may now bathe or shower as usual, being sure to wash your toe and toenail last. Take a soft washcloth and get it real soapy (this will make the cloth even softer). Then scrub your toe and toenail. Do this with not too much pressure, but with a lot of vigor. Soapsuds should be everywhere! Rinse and dry your toe well and apply a Band-Aid. Do this twice daily, once in the morning and once in the evening.

If you have been given Amerigel Wound Dressing or a topical antibiotic, apply it to the surgical area before applying the Band-Aid.

If you have been instructed to soak your foot in Warm Epsom salt water, do so once a day for at least fifteen minutes prior to applying the chosen topical and a Band-Aid. One tablespoon of Epsom salt per quart of water is adequate.

IT IS VERY IMPORTANT TO KEEP THE AREA CLEAN DURING THE FIRST 2 WEEKS

Return to the office for your first post-op check on the date scheduled with the appointment scheduler.

Week 1-3: continue this routine as directed, and expect to see some continued drainage during this time. Begin leaving the Band-Aid off at night as drainage decreases.

If you have any questions or problems, please call the office:

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