

## **POST-OPERATIVE INSTRUCTIONS**

### **Ingrown Nails (complete or partial matrectomy):**

1. Leave dressing on until next day. Try to keep bandages dry until next day. It is normal for drainage to occur. Take Tylenol or Advil for discomfort.
2. On the second day, remove all bandages from toes. If it sticks wait until after soaking.
3. Soak in a solution that is one pint water plus either two tablespoons of Betal Epsom salt. Do this for 5 minutes. After soaking dry toe thoroughly, cover in bandage and neosporin or Betadine solution.
4. Repeat soaks and dressing changes daily until next visit.

### **Laser and Surgitron Growth Removal:**

1. Leave bandages on foot for three days. Try to stay off surgical site as much as possible. Take Tylenol or Advil for pain.
2. On fourth day, remove bandages carefully! Clean wound with hydrogen peroxide using gauze or cotton balls. Dry area well. Dress with combination of 50% neomycin ointment and 50% aloe gel (99% type). Cover with non-stick gauze.
3. Repeat dressing changes on daily basis until next visit.

### **Foot surgery:**

1. Take prescribed medication as directed. Use Tylenol or Advil for mild discomfort. Take prescription medication for moderate to severe pain. If medication does not relieve pain, call the doctor or use an electrostim unit or a continuous ice machine, please refer to the instructions. **DO NOT TAKE MEDICATION WHEN DRINKING OR DRIVING.**
2. Elevate foot on two pillows. If you are not using a continuous ice machine, use an ice pack (or bag of frozen vegetables instead) over front of ankle of surgical foot for 10-20 minutes three times a day for the first two days after surgery. **USE ANY HEAT UNLESS OTHERWISE INSTRUCTED.**
3. Take temperature daily; if it rises above 100 degrees, call the office.
4. Keep the bandage dry and do not remove.
5. Crutches: Use them as instructed until the first post-operative visit. Bear weight when wearing surgical shoe.
6. Cast care: Do not try to remove it or get it wet. Do not place objects down on cast.
7. Swelling of toes and black and blue around surgical sites is normal following surgery. It should disappear over time. Call office if you are concerned about toes.