



F A M I L Y
Foot and Ankle
Center

Post-Operative Instructions

Ingrown Nails (complete or partial matricetomy):

1. Leave dressing on until the next day, and try to keep the bandages dry until the next day. It is normal for drainage to occur after the ingrown nail procedure. If you are experiencing any pain or discomfort, take Tylenol or Advil.
2. The day after the procedure, remove all bandages from toes. *If you find that the bandages are sticking to the toes, wait to remove the bandages until after soaking toes.*
3. Soak in Sanifeet for 10 minutes (30ml/1 gallon water). After soaking dry toe thoroughly and cover in a bandage and apply Granu L8.
4. Repeat the soaks and dressing changes daily until the next visit.

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