



## ARONSON FOOTCARE

### *Podiatric Medicine and Foot Surgery*

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### **POST-OPERATIVE NAIL INSTRUCTIONS (SOAKING)**

**(To be performed once daily following procedure)**

1. Please limit your activity and elevate the affected foot (or feet) for the remainder of the day/evening.
2. Take either Tylenol (or equivalent) as needed for pain. You may also ice the affected area (not directly on the toe) for 10 minutes out of each hour.
3. Keep dressing clean, dry and intact – do not bathe today/tonight.
4. You may remove the entire dressing 24 hours (the next morning is fine) after the procedure down to any part of the dressing which may adhere to the wound.
5. Soak the affected area in:
  - Warm water and Epsom salt
  - Liquid Dial (antibacterial soap) followed by Hydrogen Peroxide rinse.
6. After the 5 to 10 minute soak, remove the affected area from the water, remove any remaining drainage and pat dry.
7. Dress the affected area according to your doctor's directions with the following:
  - Polymem bandages
  - Triple antibiotic ointment (Bacitracin) and a band aid
  - Amerigel Post-op Surgical Kit (use as directed in package insert)
8. Continue to redress the affected area daily for 2 weeks or until your next appointment. If drainage from the affected area is no longer noted after 3-5 days, soaking may be discontinued.
9. It is okay to bathe after the first day.
10. If you have any problems including increased pain, redness or drainage from the affected area, please contact the office (doctors are available 24 hours a day).