

POST-OPERATIVE INSTRUCTIONS FOR TOENAIL SURGERY

1. Supplies you will need for post-op care:
 - a. Epsom Salt
 - b. Neosporin cream (not ointment)
 - c. 1 inch Band- Aids
 - d. Mild pain reliever such as Tylenol, Motrin, Ibuprofen, Aleve, ect.(not aspirin)
2. After nail surgery, rest and elevate foot for a few hours. This will help to prevent excessive bleeding and undetectable injury to your toe while it is still asleep/numb.
3. The numbness will begin to wear off in a few hours. At the first signs of feeling in your toe, which is normally tingling and/or a dull ache or throb, take some of mild pain reliever. The normal dose of the pain reliever will be sufficient. Elevation will also help relieve the pain.
4. Keep the original bandage on until you have time to soak the toe. Place **one tablespoon of Epsom salt for every quart of lukewarm water** in a basin. Submerge the entire toe (including bandage) in the water. Once the bandage is wet, you may remove it which will help prevent the bandage from sticking to the wound. If bleeding occurs, apply steady pressure directly to the area with a sterile gauze pad and elevate the foot.
5. Soak the toe for at least 30 minutes or until water cools off.
6. Dry toe thoroughly and apply a small amount of Neosporin cream to the surgical area. Cover the toe with a Band- Aid.
7. Repeat the above step **twice daily** until your next appointment.
8. It is normal for the surgical area to have minimal bleeding and drainage for a few days after the surgery. If excessive bleeding persists, call the office.
9. The surgical area may cause you some discomfort for the first few days. It should be relieved with elevation and mild pain relievers. You may wear whatever shoes are the most comfortable. Soft sneakers or sandals are recommended.
10. You may bathe or shower, however, rinse the surgical area with clean water when finished and cover with a clean, dry Band-Aid.
11. If you notice purulent (pus) drainage or increasing redness or pain, please contact the office.
12. Most importantly, if you have any **questions or concerns**, please feel free to contact Dr. Haase at any time by calling the offices at (713) 862-3338 or (713)850-0125.