



#### POSTOPERATIVE INSTRUCTIONS FOR NAIL SURGERY

- DUE TO YOUR SURGICAL PROCEDURE PERFORMED ON YOUR NAIL TODAY, YOU SHOULD HAVE MINIMAL PAIN AFTER THE ANESTHESIA WEARS OFF. YOU MAY HOWEVER, FEEL SOME THROBBING OR TINGLING AS THE ANESTHESIA WEARS OFF; THIS IS NORMAL.
- **LIMIT YOUR ACTIVITY AS MUCH AS POSSIBLE.** THE MORE YOU HANG YOUR FOOT DOWN, THE MORE IT WILL SWELL, AND IN TURN THE MORE IT WILL HURT. KEEP YOUR FEET ELEVATED WHENEVER SITTING FOR LONG PERIODS OF TIME. AVOID STANDING FOR LONG PERIODS OF TIME.
- REMOVE BANDAGES TOMORROW AND BATHE AS NORMAL. THEN SOAK YOUR FOOT ONCE A DAY IN WARM WATER AND EPSOM SALTS OR DILUTE BETADINE FOR 15 MINUTES.
- APPLY NEOSPORIN, TRIPLE ANTIBIOTIC OINTMENT, OR BACITRACIN OINTMENT TO THE WOUND AND COVER WITH GAUZE OR A CLOTH BAND AID. REPEAT THIS PROCEDURE DAILY. KEEP THE NAIL CLEAN AND COVERED, THIS WILL HELP WITH THE HEALING PROCESS.
- THE DOCTOR WILL SEE YOU IN TWO WEEKS AND CHECK FOR PROGRESS.
- CALL OUR OFFICE **IMMEDIATELY** IF:
  - THERE IS CONTINUED BLEEDING THROUGH THE BANDAGES
  - YOU BUMP OR INJURE YOUR OPERATIVE FOOT/ANKLE
  - YOUR MEDICATION DOES NOT RELIEVE YOUR DISCOMFORT
  - ANY SIGNS OF INFECTION (PUS, FOUL SMELLING DRAINAGE, REDNESS GOING UP YOUR LEG, FEVER GREATER THAN 100 F, CHILLS) ARE PRESENT
  - IF TYLENOL, ASPIRIN, OR IBUPROFEN DOES NOT RELIEVE THE DISCOMFORT.
- IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE. THE PHONE ANSWERS 24 HOURS A DAY, AND IN THE EVENT THAT YOU NEED TO SPEAK TO THE DOCTOR IN THE EVENING OR WEEKEND HOURS, THE ANSWERING SERVICE WILL LET YOU KNOW HOW TO REACH THE DOCTOR ON CALL.

OUR PHONE NUMBERS ARE 724-832-1000 OR 724-845-7670

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