

Northern Illinois Foot & Ankle Specialists
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INSTRUCTIONS FOR WOUND CARE FOLLOWING NAIL SURGERY

SAME DAY:

- Numbness will last for 1 (one) to 4 (four) hours, possibly longer.
- Some bleeding and oozing is normal, but if excessive, apply direct constant pressure, reinforce bandage with clean gauze and elevate for (15) fifteen minutes. An ice pack is also helpful. If bleeding is persistent, call the office.
- Extra Strength Tylenol or Advil is usually sufficient for discomfort.
- Limit activities today. You are to keep your bandage clean and dry.

FOLLOWING MORNING:

- Remove the bandage and soak your foot in one (1) quart warm water with one teaspoon Betadine solution for twenty (20) minutes.
- Dry thoroughly and apply Betadine ointment (unless you are allergic to iodine or shellfish) to the surgical site.
- Cover with a cloth Band-aid. Keep it clean and dry.
- Repeat this process one (1) time a day for the first two (2) weeks.
- Limit activities to what you can tolerate. Swimming in a pool is generally allowed, but avoid lakes and rivers.
- Once the healing process is well underway, the bandage can be removed at night, but keep it covered during the day.
- Follow-up appointments are very important to monitor healing. It usually takes one (1) month or longer to complete healing.