

# Postoperative Instructions for Toenail Surgery

*Following these guidelines will reduce the risk of complications.*

- 1) Please have all prescriptions filled today.
- 2) Take pain medication as directed before numbness wears off.
- 3) The morning after the surgery take pain medicine 30 minutes prior to dressing change.
- 4) Soak entire foot with dressing in a warm water foot bath with 4 ounces of vinegar in it. Soak for 10 minutes and then remove the packing and dressing and soak again.
- 5) Put prescribed drops in the surgical site ( 2 drops). Then apply a gauze dressing.
- 6) Every following morning remove dressing, soak foot, instill drops and apply gauze dressing.
- 7) Continue until Dr. Sowell says to stop or until wound no longer drains.
- 8) Please attend all post operative appointments.
- 9) Wear shoes and be active to your level of tolerance. Returning to normal activity in 1 to 2 days is normal.
- 10) If you have any questions during business hours call (936) 559-1700. After hours you may call Dr. Sowell's cell phone (936) 552-1741. Leave a message if not answered.