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NURSE PRACTITIONER CERTIFIED

## PATIENT INSTRUCTIONS FOR LOCAL WOUND CARE FOLLOWING TREATMENT OF INGROWN TOENAIL

1. Rest and elevate your foot or feet above the level of your heart for the rest of the day and avoid excessive walking or standing if possible. You may feel a bit drowsy and should plan to relax.
2. Your toe may be numb for 1-3 hours. After this time, you may feel moderate discomfort. If you were prescribed a pain medication, please take it according to the instructions. Be sure to have some food in your stomach. NEVER take more than the prescribed amount of medicine. For most procedures, Tylenol or Motrin will be sufficient for pain management and should be taken according to the instructions provided.
3. Do not be alarmed by some bleeding. This is normal and will soon stop if you elevate your foot. If necessary, apply an ice pack to the top of your foot for 10 minutes out of every hour. If the bleeding exceeds the size of a quarter on the surface of the bandage, contact the office.
4. Call the office immediately if you experience any abnormal or excessive pain or bleeding.
5. Remove the dressing after 24 hours. After removing the dressing you may bathe in your usual manner. Blot the toe dry and apply a topical antibiotic medication (such as Neosporin or triple antibiotic ointment). You may return to conventional shoe gear as tolerated, but use the open-toed shoes as much as possible to avoid irritation to the surgical site and to prevent unnecessary discomfort.
6. Bandaging – it is necessary to keep clean band-aids on the toe when you are wearing shoes and during periods of normal activity. The surgical site(s) may be exposed during periods of rest once any excessive draining has slowed.
7. If an antibiotic was prescribed, take it until complete and notify the office should you experience any abnormalities (i.e., diarrhea, nausea, headache, rash, yeast infection, etc.).
8. During the first week following the procedure, soak the toe(s) in Epsom Salts/regular table salt and warm water for 10-20 minutes, twice daily. Use 5 tablespoons of salt to 1 and ½ quarts of warm water. If burning occurs, decrease the amount of salt by ½. This will speed the healing process and will decrease the amount of drainage that occurs during the day.
9. The toe may appear red and will drain (it may even take the appearance of an infection). This is considered a normal part of the healing process following the procedure. Follow the instructions provided and avoid excessive walking and activity to speed recovery. Should you notice a bad odor, creamy drainage/puss, or red streaks, or should you develop a fever or chills, please contact the office immediately.

**Should you experience any problems or have any questions please contact the office as soon as possible.**

**(913) 381-5225**

Note: 24-hour answering service and assistance is provided.