



**Alexandria Family Podiatry**  
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### **Instructions Following Nail Surgery**

While there are no guarantees associated with surgery, the following instructions will help reduce the chances of complications and assist healing for the best possible results.

### **List of Supplies You Will Need**

- ✓ Ice bag or ice pack
- ✓ Amerigel or antibiotic ointment (Neosporin, Bacitracin, etc.)
- ✓ Band-Aids or similar bandages
- ✓ Rubbing alcohol or hydrogen peroxide solution

### **After the Surgery**

- ✓ Stay off your feet as much as possible for the next 1-2 days.
- ✓ Keep your affected foot elevated as much as possible
- ✓ Wear the surgical shoe at all times when walking, including indoors.
- ✓ When you are not walking, do not put any tight, constricting footwear (including socks) over the surgical dressing.
- ✓ Leave the surgical dressing dry, intact, and on your affected foot at all times.
- ✓ Your toe(s) may remain numb for several hours after the procedure.
- ✓ Please contact our office at (703) 823-2357 if you have any questions or concerns.

### **Medications and Ice**

Take medications as directed. This may include antibiotics and pain relievers. Apply an ice bag near the surgical site (but not directly on top of it) for 20 minutes at a time per hour for \_\_\_\_\_ continuous hours per night.

### **On the 2<sup>nd</sup> Post-Operative Day**

Keep the dressing clean, dry and intact on your foot, even during showering. You may have to apply a waterproof bag (such as a grocery produce bag or a trash bag, secured with waterproof tape) to prevent water from contacting the dressing.

### **On the 3<sup>rd</sup> Post-Operative Day**

On the evening of the third post-operative day, remove the dressing from your toe. If the dressing is stuck on the wound, carefully trickle the alcohol or hydrogen peroxide onto the dressing to loosen it. Then flush the wound site with fresh alcohol or hydrogen peroxide, and gently apply Amerigel (or antibiotic ointment) to the exposed nail bed of the toe(s) and the surrounding skin, then cover with a Band-Aid or similar bandage.

### **After the 3<sup>rd</sup> Post-Operative Day**

On the evening of the next successive days, remove the Band-Aid (or similar bandage) from your toe(s), flush the wound site with fresh alcohol or hydrogen peroxide, and gently apply Amerigel (or antibiotic ointment) to the exposed nail bed of the toe(s) and the surrounding skin, then cover with a Band-Aid or similar bandage. Please do not take a bath during this timeframe; instead, you may shower. However, keep the existing dressing on the foot during the shower, and immediately change it (using the instructions above) after the shower. This helps to greatly minimize post-operative infections.

**Your next follow-up visit is scheduled on:** \_\_\_\_\_

### **Contact Information:**

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