

WHAT TO DO AFTER TOENAIL SURGERY

There are many surgical procedures available for correction of ingrown toenails or thick toenails. Many of these procedures are temporary, and the original problem can recur. The procedure performed on your toenail is permanent, so the nail, or side of the nail, removed should not grow back. However, in a small percentage of people, the nail can grow back.

The medication used to prevent nail re-growth causes a chemical burn on the skin around the nail. This skin will turn red and the nail bed will drain. This is normal for this procedure. **The toe may even look infected, but it is not. This is the skin's reaction to the medication. However, CALL US IMMEDIATELY IF:**

- **The redness starts to expand up the toe.**
- **The pain is not relieved with the recommended medications.**
- **If the look/color of the drainage changes or a strong odor develops.**

INSTRUCTIONS

Cleanse your toe by taking a wash cloth (while soaking or showering) and in one smooth stroke, wipe from the top of the foot past the end of the toe. This will draw away any matter built up in the nail groove. **DO NOT DIG INTO THE NAIL CORNER OR GROOVE, AND DO NOT USE HYDROGEN PEROXIDE.**

You may shower.

Soak your toe twice a day in warm water with Epsom Salt added to the water for the first week after your surgery.

If you have pain, take Tylenol or Ibuprofen as directed on the bottle.

Wear sandals or open-toed shoes if possible and cover with a dry Band-Aid. Wear a Band-Aid for the first week. After the first week leave the toe exposed to the air as much as possible.

If you have any questions or problems, please call the office at 1-877-FOOT-411 if it is after hours you can reach Dr. Benson at (805) 607-0822.