



# Post Operative Nail Instructions

## Patient Instruction Sheet

1. Keep toe or toes dry for (1) full day.
2. Soak feet on the 2nd day with Epsom Salt, add two (2) tablespoons or Epsom Salt, mix with one (1) quart of water, soak 10-15 minutes through bandage.
3. Remove bandage and scrub sides of nail with hydrogen peroxide, using a Q-tip. "This allows the nail to drain adequately and prevents infection."
4. Apply Band-Aid lightly over the area.
5. Repeat steps 2, 3, and 4 daily for one week.
6. It is normal for the wound to drain a clear liquid for about one (1) week. Don't worry about infection if you see a little drainage.
7. Wear shoes that fit properly and are made of material such as leather that allow one's foot to "breathe".
8. For pain, take aspirin or Tylenol or medication prescribed by your physician.
9. If there is redness coming from the toe, up on to the foot, or red streaks past the knuckle area of the toe call the doctor's office.

### Supply List:

Epsom Salt  
Hydrogen Peroxide  
1" Band-Aids  
Q-Tips