

Nail Procedure Instructions

Today you underwent a procedure on your toenail. Numbing medication was used and will wear off about 4-8 hours after your procedure.

If you have any pain afterwards, you can take Tylenol or Ibuprofen for the pain.

A bandage has been placed on your toe. If there is any bleeding through the bandage, you may add additional gauze and tape on top of the bandage. Elevation of the foot can also be helpful. If the bleeding is not able to be controlled, please contact the office.

The bandage placed on you in the office should be left in place until the day after your procedure. At that point you may remove the bandage. If the bandage is sticking to your toe, you may soak the bandage in water to help remove it.

After the bandage has been removed, the toe should be dressed with a band-aid and either a small amount of betadine or antibiotic ointment.

It is normal to have a small amount of drainage from the toe after the procedure is done. However, you should monitor for signs of infection. These include increased redness, significant drainage, pus, or pain out of proportion. Should you experience any of these symptoms please call the office (801-261-1391) immediately.

Beginning the day after your procedure, you may begin to perform soaks of the toe two times a day for 15 minutes each. Soaks should be done with 2 quarts of warm water, 1 cup of epsom salt, and $\frac{1}{4}$ cup of rubbing alcohol. Allow the toe to air dry afterwards.

Please call the office with any questions.



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