

Aftercare Instructions for Nail Procedures

Day of Procedure

Leave the bandages clean, dry, and intact. Elevate the foot periodically to reduce swelling. For pain management, you may take over-the-counter ibuprofen and apply ice to the ankle or midfoot for a maximum of 10 min/hour. Do not apply ice directly to the toe. Begin taking the oral antibiotics if instructed to do so by Dr. Patel.

Day after Procedure

Remove the surgical bandages and shower as normal. In addition to bathing, you will begin soaking the surgical area in a basin of warm water with Epsom salts. The salt water will help to clean the surgical area and will encourage drainage from the area. This helps to clear up existing infections and also prevent the development of infections so be sure to soak 2-3 times per day for 10-15 minutes. Use a clean wash cloth to gently remove any loose debris from the wound. Pat the area dry, apply a small amount of antibiotic cream to the wound(s), and cover with a bandage. You may need to soak daily for 3-6 weeks until all the drainage resolves.

Follow-up with Dr. Patel approximately 7-10 days after the procedure. If signs of infection present or worsen (i.e. increasing or streaking redness, swelling, pus drainage, foul odor), please contact our office immediately as you may need to be seen by Dr. Patel.

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