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## **SANFORD M. CHESLER, D.P.M.**

### **POST OPERATIVE INSTRUCTION AFTER TOENAIL SURGERY**

1. You had a minor surgical procedure for your ingrown nail. This information sheet discusses important information and postoperative home care instructions. They are important and must be followed closely. The **most** important fact is you may call the clinic at anytime at **(602) 230-1400** if you have any questions or problems related to your surgical procedure.

2. Your nail area will drain clear to slightly red fluid. If only your nail was removed, this drainage should stop within 2 weeks. If you had the nail root also removed, this drainage can last up to 8 weeks. In order to minimize this normal drainage, soak and clean your toe(s) in the following manner:

a. **Nail removal only:** Start soaking your toes as soon as possible. Use a solution of one-half teaspoon table salt to one-quart warm water. Pour an amount deep enough to immerse the toes. Using a cotton swab or cotton on a tweezer or flat-end toothpick, remove all dried drainage and dead skin from the nail groove, nail bed and underneath the cuticle. Soak for 5-10 minutes, three times a day until no further drainage is noted and the skin appears normal. An alternative method is wetting a cotton ball and cleaning the nail groove or nail bed directly. Apply an antibiotic cream and cover the toe with a Band-Aid.

b. **Removal of nail root:** Start soaking toes as soon as possible. For the first 24 hours, use a solution of one ounce white vinegar to a pint of warm water. After the first 24 hours, use a solution of one-half teaspoon table salt to one-quart warm water. Pour an amount deep enough to immerse the toes. Using a cotton swab, cotton on a tweezer or flat-end toothpick, remove all dried drainage, dead skin from the nail groove, nail bed and underneath the cuticle. Soak for 5-10 minutes three times a day until no further drainage is noted and the skin appears normal. An alternative method is wetting a cotton ball and cleaning the nail groove or nail bed directly. Dry the area and apply the prescribed topical antibiotic medicine and cover the toe a Band-Aid.

3. There is a 5-10% chance nail will regrow after the nail root is removed. Should this occur and you experience pain or nail ingrowing, make a minor surgery appointment and we will continue your treatment.

If you have any questions or problems related to your surgery, call the office at  
**(602) 230-1400**