

Day of Nail Removal Procedure:

You may continue attending school or work. Try to elevate and rest your foot as much as possible. For school-age patients you may ask for a note to refrain from P.E for 3- days. You can resume sporting activities after 3-7 days but should avoid tight fitting shoes. The affected toe may remain numb for 4-10 hours post nail surgery. Take OTC medications such as Tylenol, Ibuprofen, or Aleve to combat the soreness/pain.

Do not remove the bandage until tomorrow morning or evening. To remove the bandage, it is recommended that you soak it in warm water for 5-10 minutes to help loosen the bandage. If you take a shower, keep your toe lifted out of any standing water.

It is normal for drainage to be present for 3-5 days and for discoloration around the nail base to be present for 10-12 months. If you are prescribed antibiotics during your visit, please finish the entire course even if the area looks good.

Non-Permanent Partial or Total Nail Removal:

Once you have removed the bandage, rinse the area with warm water and dry thoroughly. Apply a thin layer of antibiotic ointment (i.e. Neosporin) and a band-aid. Continue this routine once daily for 7-10 days. After the 5th day, you can begin to air dry your toe at home for a few hours each day.

Permanent Partial or Total Nail Removal *with* Chemical Application:

After removing the bandage, use the wound wash from the Amerigel Post-Op Kit to clean the area; dry thoroughly. Apply a thin layer of the Amerigel ointment, followed by 2-3 pieces of gauze and a band-aid. Continue this routine until there is no more drainage. Once the drainage stops, just apply the ointment and a band-aid. After the 7th day, you can air dry your toe at home for a few hours every day.

In Case of Infection:

An infection can set in at any point during the post-op healing period. If you notice **PAIN, SWELLING, REDNESS, OR HEAT, PURULENCE** please notify the office immediately. If you have noticed signs of infection, soak the toe in an Epsom salt bath for 15-20 minutes at least twice a day.