



Table Mountain Foot And Ankle Clinic

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Nail Surgery Care At Home

You have had surgery for a problem involving one or more of the nails on your feet.

___ The procedure involves removal of the affected nail portion (part or whole) with eradication of the growth matrix/root by application of a strong acid. This creates a chemical burn, which will heal by draining clear fluid for approximately two to six weeks.

___ This procedure involves removal of the affected nail portion. The growth root has been left intact.

This nail surgery will heal properly if the directions listed below are followed closely:

1. A small amount of blood on the dressing is expected. Do not become alarmed.
2. Begin soaking the affected toe(s) in 24 hours for _____ days.
3. Soak for 15-20 minutes twice daily, once in the morning and once at night, using the following solution:

Add 2-3 tablespoons of liquid antibacterial soap in enough lukewarm water to cover the top of the foot.

4. Apply a small amount of antibacterial ointment such as Neosporin for the first 48 hours only.
5. Cover toenail area with a clean Band-Aid but leave open at night to air out.

Remember, a small amount of drainage and redness is normal for healing in this type of surgery and should be of no consequence. However, if the redness and drainage seems out of proportion, please contact this office immediately.