



## **POST OPERATIVE INSTRUCTIONS FOR NAIL SURGERY**

1. Keep the dressing on until morning after your procedure.
2. Keep your feet elevated above the heart to decrease pain and swelling the evening of your procedure. Take over-the-counter pain relievers as needed for pain.
3. If bandage is stuck to wound, try soaking it off with luke warm water.
4. **For Soaking only:** Soak in lukewarm water and Epsom salt as instructed on the Epsom salt container for 10 minutes twice daily.
5. Gently cleanse wound with warm water and soap and apply layer of antibiotic ointment (e.g. Neosporin) or Amerigel to wound and cover with band aid.
6. Wound heals better when it is covered. Do not leave open to the air.
7. You can expect redness around the base of the toenail or around wound for 2-4 weeks from the laser or chemical burn. Clear to yellow drainage is also expected and normal. Some bleeding is also expected and normal for a few days. If redness and pain increase after a few days call the office for an appointment.

If you have any questions or concerns, don't hesitate to call our office at 505.880.1000 (NE) or 505.872.3333 (NW) and speak to one of our nurses.

---

Patient's Signature

---

Date