

Patient Instructions Following Nail Surgery

General Information: Stay off your feet as much as possible today. You may wear a sandal or open toe footwear that does not squeeze, constrict or put pressure on your toes(s). Your toe(s) will usually remain numb for 6-10 hours after the procedure. Do not be alarmed if they feel numb for 24-48 hours.

Bleeding: Slight bleeding, discoloration and drainage are normal. If the bandage becomes saturated with blood, change it with a new gauze dressing.

Discomfort: You can elevate your foot to help alleviate minor swelling, bleeding and discomfort. You may also take Aspirin, Tylenol or other over-the-counter pain relievers as directed on the package. If the pain and discomfort are not controlled adequately, then contact our office.

Removing the bandage: Starting the day after surgery, carefully remove the dressing and shower or bathe as normal. If the gauze or bandage sticks to the area, dampen it with water or shower/bathe with the bandage in place. This will make it easier to remove with minimal or no discomfort.

Applying another dressing:

1. After showering or bathing, blot the surgical site (nail bed) dry and apply a minimal amount of AmeriGel Wound Dressing to the area.
2. Apply PolyMem Dressing as you would a bandaid. This special dressing contains a wound cleanser, moisturizer and an absorbing agent.
3. Please note...a dramatic increase in wound fluid may be observed during the first few days. If fluid exceeds the pink dressing, change it. Otherwise, leave it in place until after shower/bath.
4. Repeat the above procedure daily or as needed.

**PATIENTS SHOULD BE SEEN 7-10 DAYS FOLLOWING PROCEDURE
TO EVALUATE PROGRESS.**

Signs of infection: If toe becomes increasingly red, painful, hot, swollen or if the drainage has a foul odor, call the doctor immediately. More than likely, a prescription for an oral antibiotic will be given.

After hour problems: Call the doctor at (425) 922-9756.