

Post Operative Instructions for Nail Surgery

- It is common for the nail to bleed immediately after a nail procedure. Your toe was wrapped with a surgical dressing, which should remain in place for the rest of the day.
- After the procedure, you should go home and try to minimize your activity level for the rest of the day. You can elevate your foot 6-8 inches above your heart to help control bleeding and swelling.
- The anesthetic will typically wear off in 4 to 8 hours after the surgery, but the toe may remain numb for up to 10 to 12 hours. It is common for the toe to feel sore when the anesthetic wears off.
- Chemical nail procedures tend to have a lot of drainage, which is expected. The drainage is typically a yellowish brown color.
- Significant bleeding is NOT normal. If you experience this, you need to elevate your foot as high above your heart as possible, apply compression and ice, and call the office.
- Beginning tomorrow, you can remove the surgical dressing and shower normally. You will then perform betadine or Epsom salt soaks twice a day. Soaking the toe encourages the nail to drain, which facilitates healing. The drainage will slowly diminish over the next three weeks.
- Add 5 to 7 capsules of betadine or ¼ cup of Epsom salt to a liter of water. Soak the toe for 20 minutes twice a day until your follow up appointment.
- Apply topical antibiotic cream, such as NeoSporin or Cortisporin drops and a bandaid after soaking your toe. It is important to keep your toe covered to prevent irritation, bleeding, or an infection.
- You should use a bandaid that completely covers the wound. You should change the bandaid regularly, especially when a lot of drainage is noticed.
- The healing time can vary. It can take 2-8 weeks to heal with an average of 3-4 weeks.
- Wear comfortable shoes with a wide toe box or sandals.

Pain Medicine:

1. Pain after a nail procedure is usually alleviated with over-the-counter pain medication, such as Tylenol, Advil, etc.
2. Please take over-the-counter medication on an AS NEEDED basis.
3. If your physician prescribes you pain medication, please take the medication as directed.
4. Your pain should decrease over the next few days, which should allow you to decrease the amount of pain medicine needed or increase the time between doses.

Contact the office for:

1. Signs of infection: redness, swelling, pus-like drainage
2. Temperature greater than 101 F
3. Excessive bleeding
4. Numbness
5. Increased pain



If you are given AmeriGel® Post Op Surgical Kit

Removing the Previous Dressing:

- Carefully remove the dressing/gauze that is covering the wound.
- If the gauze sticks to the wound, wet the dressing with AmeriGel®
- Wound Wash and try removing it again in 10 or 15 minutes.
- This will help soften the area that is stuck to the gauze and prevent the removal of the healthy tissue from the wound bed.

Cleansing the Wound:

- Place enough 2x2 or 4x4 gauze(s) to cover the entire wound bed and saturate it with Wound Wash. Pick up the gauze with your fingers or tweezers and dab the wound for 1-2 minutes. Discard the gauze and then squirt the Wound Wash directly into the wound bed to rinse out any loose matter. Blot the wound dry with a clean piece of gauze. The wound is now cleansed and ready for application of AmeriGel® Wound Dressing.

Applying AmeriGel® Wound Dressing:

- After the wound, has been cleansed, apply a thin coat of AmeriGel® Wound Dressing to the wound and surrounding skin, about one-half inch beyond the wound.

Dressing the Wound:

- Moisten a gauze (2x2, 4x4, etc.) with AmeriGel® Wound Wash. It should be similar in dampness to a washcloth that you would wash your face with, not dripping wet, but not wrung dry. Place this dampened gauze over the wound that has just been coated with AmeriGel®. Next, place a dry piece of gauze on top of the damp one. This will help provide a moist environment for the wound and additional gauze to absorb any drainage. Secure into place with tape or roll gauze.