

## POST OP NAIL INSTRUCTIONS

- After your nail procedure you should try and keep the ingrown nail site clean and covered for two weeks.
- Keep the immediate post op dressing intact all night the first day, and then change it daily with a simple band aid or gauze pad.
- Rinse the site thoroughly at least once a day by rinsing it with water pressure from a sterile saline can. The canisters are not prescription and are sold at any major grocery store or drug store. While in the shower, keep it covered with a band aid and do not let soap or shampoo settle in the healing area.
- Use a cotton tip applicator/ Q Tip, to keep dried and soft coagulum and debris from clogging the healing site.
- Expect drainage as this is normal. You should promote drainage out of the site and not back into your foot.
- Please apply a *very thin* layer of antibiotic solution or the Corticosteroid drops that may have been prescribed, to the surgical site.
- Take off all bandages at least once a day for one half of an hour to allow air to help dry the site.
- You may return to normal activities as soon as you wish. Swimming in clean chlorinated water is permitted, however please use good judgment as many pools and hot tubs contain abundant bacteria.
- Depending on the level of infection, you may have been prescribed oral antibiotics. If you are not taking antibiotics and signs of infection increase (redness, pain, swelling), please call immediately. Redness and drainage should normally decrease each day.

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