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Post-Op Ingrown Nail Surgery Instructions

1. You have had a chemical destruction of the nail root so that the nail will not regrow. This is intended to be a permanent procedure. Chemical wounds typically drain up to 2 weeks; in some people this may last for up to 2 months. In most cases it will become redder, swollen and look like an infection. This is the normal process. It will look better after a few days.
 - a. If you simply had the nail plate removed, without the chemical, your wound will heal more quickly and the nail is intended to grow back.
2. The day of surgery stay off your feet as much as possible. Elevating your foot may be helpful.
3. Wait until the third day to remove the dressing, then soak for 15 minutes in the following solution (you may remove the dressing during the soak):
 - a. 3 Tablespoons Epsom salt to 1 quart cool water. The salt should sting a little. Do not use hot water.
 - b. Gently wash the site with a cotton swab to remove the crusted drainage. It will be tender. Gently dry the area & apply a small amount of Polysporin, then a Band-Aid . Use additional gauze if heavy drainage.
4. Follow this routine twice daily until the drainage stops.
5. Do not leave the surgery site exposed.
6. Do not use Hydrogen Peroxide or apply any other salve as this may delay the healing process.
7. In case of pain take 2 Advil, Motrin or Tylenol – follow instructions on the bottle.
8. Wear open toe shoes or sandals until closed toe shoes can be tolerated.
9. Keep your scheduled follow-up appointment. Your wound will be evaluated for proper healing and we may change the cleansing protocol as indicated.
10. Please call our office with any concerns or questions, such as:
 - a. Pain that does not subside with medication.
 - b. Red streaks coming up the foot toward the ankle.
 - c. Fever or nausea.