



Post-operative Instructions for Toenail Surgery

Post-operative Instructions

1. At the direction of your podiatrist, please remove your dressing tonight/tomorrow morning and soak your foot in warm water.
2. Add salt (epsom or table, ½ teaspoon per quart)
3. Soak for 15-20 minutes:
 - Week 1: Soak 3 times per day
 - Week 2: Soak 2 times per day
 - Week 3: Soak 1 time per dayA thin yellowish discharge which may be tinged with blood is normal.
4. Do not apply ointment or topical medication unless advised by your podiatrist.
5. Replace dressings with clean gauze or band-aids.
6. It may be helpful to avoid direct shoe pressure. Use open toed shoe for comfort.
7. Activity is as tolerated. Elevate your foot as needed to control discomfort.
8. Tylenol, Aspirin, Advil or any mild analgesic is generally sufficient to control pain.
9. Bathing may resume after the initial bandage change.
10. Call the Podiatry Advice Nurse at (408) 851-1950 if you have any problem or concern.

Permanent nail removal generally requires four to six weeks to fully heal.