

SOMERS FOOT & ANKLE  
PODIATRIST-FOOT SPECIALIST  
(248)751-1025

POSTOPERATIVE INSTRUCTIONS FOR INGROWN TOENAIL REMOVAL HOME CARE DIRECTIONS:

**Following these instructions will promote healing, prevent infection and complications.**

1. Remove your bandages in the evening following your surgery. If any of the bandages adhere to your surgical site soak your foot in warm soapy water until you can easily remove the bandage.
2. Soak your foot daily for 10 minutes in warm soapy water, until your follow-up visit.
3. Let your foot air dry.
4. When your foot is dry, apply a fresh bandage (Band-Aids are fine) with a small amount of Neosporin ( use a Q-tip, do not apply with your finger).
5. Do not be alarmed if you see some bleeding on the bandage, it should stop shortly. If the bleeding continues call our office.
6. If you have been given a prescription for medications, take them as directed. They are for your recovery and comfort.
7. If you have additional redness, swelling or severe pain, call our office.
8. In case of any problems AFTER OFFICE HOURS please contact the doctor with any questions or concerns.

PHYSICIAN  
Jennifer Somers

CELL  
(216)401-2640

## Ingrown Toenail

### Post Procedure Patient Information

1. Antibiotic ointment will be applied to the toe immediately after the procedure. The ointment is soothing and also promotes faster healing. You should apply the antibiotic ointment twice daily until the wound is completely healed. We like the over-the counter (non-prescription) antibiotic ointment, Mycitracin Plus, because of the numbing medication mixed in with the antibiotic.
2. You may shower the day after the surgery. Gently dry the area and apply antibiotic ointment after showering. Avoid swimming for the next two weeks. Try to keep the toe clean and dry. Soak daily as instructed (see post op instructions).
3. Your bandage will help to pad and protect the wound, while absorbing drainage from the wound. You can replace the bandage if blood or fluid soaks the bandage. Please keep the wound bandaged for at least 1 week after the surgery.
4. You may experience some pain after the procedure. If you experience discomfort, you can take ibuprofen (brand names; Advil, Motrin), two 200-mg tablets three times a day with food, or acetaminophen (brand name: Tylenol), two 325-mg tablets every 4 hours.
5. You should wear loose-fitting shoes or sneakers for the first 2 weeks after the procedure. Please avoid wearing high-heeled or tight-fitting shoes in the future. You should avoid running, jumping, or strenuous activity for a week after the surgery.
6. Infection may develop in the toe in the first few weeks after the surgery. Call your doctor if you develop increasing pain, swelling, redness, or drainage from the toe.
7. Trimming the nails straight across the top of the nail is the best way to prevent another ingrown nail from developing. The nail must not be cut down to the corners, or picked at or torn off. If you should develop another ingrown nail, see your doctor early, as treatment may prevent the need for additional surgery.