

Precision Foot & Ankle Centers

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Instructions for Care after Ingrown Nail Surgery

General Information: Stay off your feet as much as possible today. You may wear a surgical shoe, sandal or any open toed shoe that does not squeeze, constrict or put pressure on your toe(s). Your toe(s) may remain numb for up to 2-24 hours after the procedure. Although most patients can wear a closed loose fitting shoe after the first week, the toe will heal faster the more you use the open toed shoe in the first 2-3 weeks. Please contact our office if you have any questions or concerns.

Bleeding: Slight bleeding, discoloration and drainage are normal. Due to the chemical used there may be some yellow-clear drainage coming from the toe for 2-3 weeks.

Discomfort: You can elevate your foot to help alleviate minor swelling, bleeding and discomfort. You may also take Advil, Tylenol or other over the counter pain medications to help alleviate pain. Call our office if the pain is not well controlled. Most patients have very little discomfort as long as they minimize their walking for the first 24 hours and do not bump the toe.

Removing the Bandage: Starting the day after surgery, carefully remove the dressing and shower or bathe as normal. It is Ok to get the bandage soaking wet in the shower and when you remove it, it should not stick to the surgery site.

Dressing Options- Traditional Method:

1. Soaking two times a day in WARM water with Epsom salts or diluted Povidone Iodine (Betadine) for 15-20 minutes. You will need to purchase these products from the pharmacy.
2. Dry toe then apply an antibiotic cream or ointment such as Neosporin or Polysporin plus or Garamycin and cover with a 2 x 2 inch size gauze and then secure with a 1 inch band aid.
3. In the second week, take the dressing off at bedtime to air dry the toe.
4. If the toe is infected take the Antibiotic Pills as directed until finished.

Dressing Options- new Amerigel Wound Dressing Method:

1. This is a new method which eliminates the need for soaking. This product absorbs the drainage from the chemical, is a topical antibiotic, and has an ingredient to help clean the wound.
2. The dressing only needs to be changed once a day and the surgery site should heal at least a week earlier than the traditional method.
3. This product is not sold in the pharmacy and is not covered by insurance companies. The cost is \$25 and can be purchased in our office. If the nail is severely infected we recommend the Amerigel kit which includes a Wound Wash, Amerigel, 2 x 2 gauze and band aids. The cost of the kit is \$35 and is available in the office.
4. **Steps for Amerigel Wound Dressing:**
 - a. After showering or bathing, blot the surgical site dry and apply the Amerigel on top of the nail bed where the nail was removed. Avoid placing the Amerigel on your good skin. Stinging may occur for a few minutes and is normal.
 - b. Apply a 2x2 inch gauze over the toe and cover with a loose band aid, or coflex. If severely infected use the wound wash after your shower or bath and prior to applying the amerigel.

