

Dr. Hughes' Toenail Surgery Post-Operative Instructions

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INSTRUCTIONS FOR TODAY

- Try to keep the toe elevated today and do not do a lot of walking.
- Keep the dressing on your toe for about 4 hours.
- Remove the dressing and soak the toe in warm water with ½ cup white vinegar for 15 minutes.
- Pat dry, then apply (any) antibiotic ointment & a Band-Aid.
You only need to soak the toe today, but if you like soaking you may do it once a day.

STARTING TOMORROW

- Cleanse the toe with hydrogen peroxide, either pour it over the toe or use a q-tip to clean the nail bed, then cover with antibiotic ointment and a band-aid 2 times a day.
- In 2 or 3 days, clean with peroxide and apply ointment, cover with a band-aid during the day, but leave it open to the air at night.

NOTES:

- The toe will drain a yellow fluid, this is ok.
- Do not use hot water to soak, just lukewarm.
- Use Tylenol and/or Ibuprofen for mild pain.
- Call with severe pain.
- Call if you have a fever or redness extending past the knuckle. (It is normal to have some redness and swelling)
- You can wear normal shoes but avoid tight dress shoes.
- No restrictions on bathing or athletic activity.
- No swimming in a pond or lake.
- Avoid getting sand or dirt in the nail bed.