



**Philip M. Watkins, DPM  
Foot and Ankle Surgery**

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## Nail Procedure Postoperative Instructions

- **Wound Care**
  - Soak the procedure site for 15 minutes in warm water with either hand soap OR epsom salts
    - Non infected: ONCE a day
    - Infected: TWICE a day
  - Cover the toe with a bandaid and antibiotic ointment OR cream (Neosporin/Polysporin/prescribed medicine) once a day when the foot is in a shoe
  - Leave the toe open to air several hours a day/during sleeping hours unless instructed otherwise
  - Bathing or showering is acceptable provided:
    - Toe(s) does not soak in bath water longer than 5 minutes (try to keep toe out of shower water)
    - Toe(s) is/are cleaned once bathing is completed
- **Anesthesia**
  - Expect your toe nerve block to wear off 3-6 hours after your procedure, but its normal that your toe could be numb for up to 12 hours
- **Pain management**
  - Over the counter Ibuprofen or Tylenol as needed
    - Recommended combination following procedure:
      - Tylenol 500mg once arriving home after the procedure PLUS
      - Ibuprofen 600-800mg after dinner before bedtime
    - Other recommended pain management dosages:
      - Ibuprofen 600-800mg every 8 hours as needed OR
      - 500mg Tylenol every 6 hours as needed
- **Activity**
  - There are no limitations to activity unless instructed otherwise
    - Running, gym workouts, walking, returning to work are acceptable the day of procedure
  - Patients should refrain from exposing toe(s) to pools or open water for 2-4 weeks after the procedure
- **Antibiotics/infections:**
  - Post operative infections are rare but possible. Signs and symptoms include:
    - Redness around the nail or extending up the toe
    - Thick yellow drainage (clear or light yellow drainage or residue is normal when using antibiotic ointment or cream)

- Oral antibiotics are only needed if prescribed by your physician. Do not take leftover antibiotics from a previous infection. If a concern of infection arises several days following the procedure, please contact the office