



## BIG RAPIDS FOOT & ANKLE

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103 S. STATE ST  
BIG RAPIDS, MI 49307

### **NAIL SURGERY POST OPERATIVE HOME CARE INSTRUCTIONS**

#### WHAT WAS DONE

The procedure involves removal of either partial or the entire nail as discussed with Dr. Mossel or staff. The nail bed is then ‘destroyed’ to deter reoccurrence of an ingrown or deformed toe. This procedure is NOT 100% effective. In most instances the recurrence rate is less than 10%. If an infection was present prior to this procedure the effective rate is around 80%.

**NO GUARANTEES ARE GIVEN OR IMPLIED.**

#### WHAT TO EXPECT

After the procedure to the nail bed the toe will be RED, have DRAINAGE (clear or yellow appearance), and SORE to touch. This is the normal response to the destruction of the nail bed. This will look infected if shown to a physician or ER doctor. If the redness is past the first knuckle of the toe or a red streak is noted, please contact our office. If painful, please take the normal medication you would for a headache. If this does not alleviate your symptoms you may apply ice to the top of the ankle for 10 minutes as needed.

#### WHAT YOU NEED TO DO

1. You are to go home immediately, lie down and elevate your foot/feet at or above heart level to control swelling.
2. The evening of the surgery or when instructed, begin soaking the toes as follows:
  - Use iodine or mild dish soap in lukewarm water and soak the foot/feel for 10-15 minutes twice daily.
  - Clean nail borders with a Q-tip to remove any loose debris.
  - Apply a small amount of triple antibiotic ointment to a cloth Band-Aid or gauze dressing, then apply to nail.
  - **Continue the above treatment until your first postoperative** visit with us.
3. Remember, the more you stand or walk after surgery the more swelling and/or pain you should expect. If this occurs, sit or lay down and elevate your foot/feet
4. If any unusual situation arise, such as uncontrolled swelling, redness, pain, or the dressing seems too tight, please call us.