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## **Ingrown Nail Surgery Information**

### **(Soak Technique)**

The purpose of this procedure is to prevent the regrowth of the toenail that has been causing your problem. This procedure is quite successful, however there is a small chance of regrowth of the nail. As with any surgery, there is a small chance of infection.

A chemical, used to destroy the nail root, will cause drainage for 3–6 weeks. Expect a minimal amount of redness as well as some swelling around the nail fold.

Tylenol/Ibuprofen in most cases will alleviate any discomfort.

**\*\*The first 1–2 hours after surgery, try to keep foot elevated to reduce the chance of swelling as well as bleeding. Leave the bandage in place until the next morning at the earliest and follow post-op instructions below.\*\***

**\*\*\*\*\*NOTE: Your toe could be numb for 6–10 hours after surgery. \*\*\*\*\***

### Instructions for self-care after nail surgery

1. The morning after surgery, remove your bandage and begin soaking your foot in warm water with **liquid antibacterial soap for 15–20 minutes \_\_\_ times a day.**
2. Apply a thin layer of Neosporin or triple antibiotic ointment over the site and cover with a 2x2 inch gauze and 1 inch paper tape or a band-aid.
3. Continue this treatment for 7 consecutive days. On the 8th day, you should stop the soaking, discontinue Neosporin and the gauze bandage. If you can wear an open-toed shoe starting the 8th day, the nail will dry out faster. Should you need to wear a tennis shoe or other closed toe shoe, simply apply a dry band-aid to the toe to keep the nail from sticking to your sock.
4. For pain you may take Tylenol or Ibuprofen or other over the counter medications for pain.

Please call if you have any questions or concerns: (704)861–0425