

## POST-OP INSTRUCTIONS FOR NAIL AVULSION

Elevate your foot above your heart for 2-3 hours after surgery to help reduce bleeding.

It is not unusual for this type of surgery to bleed, so if your dressing spots with blood do not get alarmed. You may reinforce the dressing with gauze if you wish. Keep your dressing intact until Tomorrow.

To help promote healing and reduce pain and swelling, soak your foot in warm water for 10-15 minutes THREE times a day STARTING tomorrow. You may add 1/4 cup Epsom salts to 1 quart warm water. During your soaking, lightly massage the skin around the surgical site to keep the wound from closing prematurely.

Apply a small amount of Neosporin ointment or antibacterial ointment to the wound and cover with a band aid. Continue soaking and wound care until the wound is not weeping.

Pain is usually controlled and mild analgesic such as extra strength Tylenol 1-2 tablets every 6-8 hours, or Ibuprofen 200mg 1-2 tablets every 6-8 hours with a meal. If the pain is intolerable please phone the office.

Fever, redness, increased swelling, and pain not controlled by medicine may be signs of infection, please call the office.

If you have any questions, please call the office  
530.587.7790 or 775.831.9322

For an after hours urgency, call Dr. Condon's cell phone at 530.251.7428

You can also go to your nearest Urgent Care Clinic  
Tahoe Forest Hospital 530.582.3206  
Incline Village Health Center  
775.832.3810 or 1.800.419.3637