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Union

Post Operative Nail Instructions

Patient Instruction Sheet

1. Keep toe or toes dry for (1) full day.
2. On 2nd day remove bandage then soak feet with antibacterial soap (Dial), warm water for 10-15 minutes.
3. Scrub sides of nail with hydrogen peroxide, using a q-tip. "This allows the nail to drain adequately and prevents infection."
4. Apply small amount of triple antibiotic ointment or polysporin ointment to the wound bed and apply band-aid or small gauze.
5. Repeat steps 2, 3, and 4 daily for one week.
6. It is normal for the wound to drain a clear liquid for about one (1) week. Don't worry about infection if you see a little drainage.
7. Wear shoes that fit properly and are made of material such as leather that allow one's foot to "breathe".
8. For pain, take aspirin or Tylenol or ibuprofen or medication prescribed by your physician.
9. If there is redness coming from the toe, up on to the foot, or red streaks past the knuckle area of the toe call the doctor's office.

Supply List:

- Dial Antibacterial soap (liquid) or any other type of antibacterial soap
- Hydrogen Peroxide
- 2X2 dry gauze
- Q-Tips
- Triple antibiotic or Polysporin ointment