

Arkansas Foot & Ankle Clinic

1501 Aldersgate Road * Little Rock, AR 72205 * 501-224-1501 * FAX 501-376-7065

INSTRUCTIONS FOLLOWING TOENAIL SURGERY

- Limit activity for twenty-four (24) hours. Some spotting may be observed on the bandage. This is to be expected.
- Take medicine as directed.
- Remove the bandage after twenty-four (24) hours. If bandage sticks, soak with hydrogen peroxide to loosen.
- Shower or bathe as normal.
- Follow the instructions below, beginning after you remove the bandage and continuing until your follow-up appointment.

MORNING: Epsom salt water solution (1 tablespoon to 1 pint LUKEWARM water)
Soak once a day for 5-10 minutes.

EVENING: Vinegar water solution (1/4 cup white vinegar to 1 pint water)
Soak once a day for 5-10 minutes.

AFTER EACH SOAK:

- 1.) Wash with soap and water.
- 2.) Rinse with hydrogen peroxide.
- 3.) Apply triple antibiotic cream or Neosporin.
- 4.) Apply bandage.

Due to the nature of the procedure, some drainage may be observed for six to eight weeks.
Your follow-up appointment will be scheduled two (2) weeks from your procedure date.
Please contact our office if you have any questions or problems:

501-224-1501 (answered 24 hours)

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