

Dr. Scott Peters

Specialist of the Foot and Ankle

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Post-Operative Instructions Following Toenail Procedure

Patient's Name: _____ Date: _____

1. You have just undergone a surgical procedure. A limited amount of pain or discomfort and swelling is expected. In some cases the feeling of numbness in the area of the procedure may be present. This is no cause for alarm. If you do experience pain, *Extra-Strength Tylenol* is usually adequate. Elevating your foot will also help.
2. Do not be alarmed if there is some bleeding through the dressing. Good blood supply is essential for normal tissue healing. If your dressing becomes saturated with blood, elevate your foot for 15 minutes. If bleeding persists, please notify our office.
3. You may remove the dressing tonight and begin soaking your foot in lukewarm (not hot) water with Epsom Salt or salt water. (Make sure there's enough water to cover your foot and 1-2 tablespoons of salt).
4. Soaking is normally **ONCE A DAY FOR ONE WEEK** (minimum of 15 minutes) unless Dr. Peters has advised you differently.
5. Apply antibiotic cream/ointment as directed followed by application of bandaid. *Example: Neosporin, Bacitracin, Polysporin, Triple Antibiotic Ointment.*
6. Be sure to keep your post-operative appointment next week.

Your appointment next week: Date: _____ Time: _____

If you're unable to keep to your scheduled appointment please give us at least 24 hours notice.

Should you have an increase in redness, swelling, pain, or if you develop fever, chills, night sweats, nausea, or vomiting please call Dr. Peters immediately.