

# *The Ankle & Foot Walk-In Clinic*

*Doctor Scott Peters*

*Specialist of the Ankle & Foot*

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University Hospitals  
Mayfield Village Medical Center  
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## ***POST-OPERATIVE INSTRUCTIONS FOLLOWING TOENAIL PROCEDURE***

1. You have just undergone a surgical procedure. A moderate amount of pain 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) salt water (Epsom salt preferred). Use enough water to cover foot and 2 Tablespoons of Salt.
4. Soaking is typically **1 TIME EACH DAY FOR 1 WEEK UNLESS DR PETERS HAS ADVISED YOU DIFFERENTLY.**
5. Apply antibiotic cream/ointment as directed followed by application of bandaid.

Example: Bacitracin, Polysporin, Neosporin, etc.

***\*\*\*If the area should have an increase in redness, swelling, or pain or if you should develop fever, chills, night sweats, nausea, or vomiting please call Dr. Peters immediately\*\*\****

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If you have any questions, please do not hesitate to call