



Nail Procedure – Post Operative Instructions

1. Go directly home after the procedure.
2. Do not take aspirin after the procedure. You may take Tylenol if there is discomfort.
3. Leave the bandage on until tomorrow morning. If there is bleeding through the bandage, apply more gauze to the bandage, but do not remove the dressing. *Call our office if bleeding seems excessive or cannot be stopped.*
4. Tomorrow morning remove the bandage and soak your toe with one of the following options:
 - a. Warm soapy water, **OR**
 - b. One quart of warm water with 1-2 tablespoons of Epsom salt, **OR**
 - c. One quart of warm water with 1 tablespoon of Betadine
5. Soak your toe once a day for the next week. Try to keep it clean during the healing period.
6. You can expect some inflammation and drainage for 7-10 days following the procedure, this is normal.
7. You may return to your normal shoes and activities as the toe allows. Stay out of public pools and hot tubs until the drainage from the toe stops.

Please call our office at (360)736-2889 if you have any questions or undue discomfort.