



Era Foot and Ankle, LLC

Elbys Era, DPM

Diplomate, American Board of Foot and Ankle Surgery
Specializing in Wound Care of the Lower Extremity and Diabetic Limb Salvage.

10621 N. Kendall Dr.
Miami, FL 33176
Suite 213
Ph.: 786-464-0631
Fax: 786-762-2632

Instruction After Ingrown Nail Surgery

DO NOT remove bandages applied after nail removal for 24 hours.

Keep dressing clean and dry for 24 hours.

Limit ambulation and activity for the first 24 hours to avoid swelling and bleeding.

After 24 hours and for 2 weeks follow these instructions and repeat them daily:

- 1- Dip your toe in warm water with Epsom salt for 15 minutes
- 2- Remove bandages or Band-Aid
- 3- Clean area with hydrogen peroxide
- 4- Dry area with gauze
- 5- Apply very light film of any over-the-counter antibiotic*
- 6- Cover with Band-Aid (you may remove Band-aid during the night)

*Over the counter antibiotics: Neosporin, Triple antibiotic, Bacitracin, Polymyxin/bacitracin.

- If bleeding is noted over the bandage, apply more gauze and elevate foot
- If bleeding continues even after above call the office immediately or go to ER.
- Anesthesia should last for 4-5 hours, you may take Tylenol or Advil if any pain is experienced after procedure and there are no contraindications on taking these medications.
- It is normal to see some irritation or redness on the area due to the chemical used to cauterize the root of the nail, however if redness, swelling or pain increases or you see any drainage please call the office immediately.

REMEMBER TO FOLLOW UP 2 WEEKS AFTER THE PROCEDURE. IT IS IMPORTANT TO REMOVE SCAR TISSUE IN THE AREA TO AVOID RECURRENCE.