

# COASTAL CAROLINA FOOT & ANKLE ASSOCIATES

Dr. Jeffrey B. Pupp

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## DIRECTIONS FOR HOME CARE FOLLOWING NAIL SURGERY

1. You have had enough excitement for one day. Please go directly home and stay off your foot. Keep the foot elevated. You may wear any shoe, sandal or open toe footwear that does not squeeze, constrict or put pressure on your toe. Numbness may continue for 6 - 12 hours, and slight bleeding, discoloration and drainage are normal.
2. Take two Advil or Tylenol plain before the anesthesia wears off and before bed time.
3. If antibiotics are prescribed, please have your prescription filled immediately and take them as directed. Antibiotics are not always prescribed, only as needed.
4. You may be directed to use the wound dressing AmeriGel. This would have been dispensed to you in our office at the time of surgery. If you were ordered AmeriGel please do the following:
  - 24 Hours after surgery change the dressing once daily following bathing.
  - After bathing, blot the surgical site dry and apply AmeriGel to wound. Stinging may occur and is normal.
  - Apply band-aid around the toe resembling a ring. When dressing a toe, apply the band-aid firmly but not tight.
5. If you were not dispensed AmeriGel, please follow these soaking instructions:
  - 24 Hours after surgery begin dilute salt and vinegar soaks. Do these soaks twice a day for 20 minutes. Soaks are made up of 2 tablespoons of Epsom Salt and 2 tablespoons of vinegar to 2 quarts of room temperature water.
  - After each soak, rinse the wound with hydrogen peroxide and then pat dry.
  - Place a drop of Neosporin ointment on a band-aid then cover the nail bed firmly but not tight.
6. Follow these instructions until you come back for your first post operative visit in 10 days.
7. **If you are experiencing excessive bleeding, fever, drainage with odor or excessive pain please call the office. If you feel that you need to contact us after business hours please call (910) 343-8889, leave your telephone number and a message with the answering service and the doctor on call will be paged.**

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