

*Eastern Shore Foot Center
Daphne, AL*

*Dr. Randell Braun
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Nail Post Op Care Matrixectomy

Do not worry about bleeding or drainage; you will see a yellowish drainage on your bandage for approximately 4 – 6 weeks. For a partial (side) of nail removal usually healing is 4 weeks, for total nail removal healing can take 6-8 weeks. The purple color is medication.

Remove bandage after surgery, try to do this prior to the toe waking up, if the anesthesia wears off and you are still in the compression bandage the toe may hurt. Once you remove the bandage it should immediately feel better.

Soak as often as possible the first week following the surgery in **COOL** water and a capful of distilled white vinegar or a teaspoon of Epsom salts, if you prefer you can use both. Swimming in pool is great and will aid in healing. Avoid the bay, the water in Mobile Bay is not clean and could cause a super infection.

Pat toe dry with paper towel to avoid staining good towels with the purple medication. Apply Amergel Cream if you were placed on the topical cream, otherwise, just cover as shown at office. Avoid using bandaids they may fit nicely but they keep all the moisture in and delay healing.

Take prescribed antibiotics with food unless otherwise directed. For any discomfort take aspirin or Tylenol. If toe is tender avoid closed shoes and wear sandals. Do NOT let toe air out , this will cause further infection and redness and delay healing, the toe must be kept covered when it is not in water.

Return to office in one week, if for some reason you were unable to get to the office for evaluation please call. Week two if the toe is feeling fine and there is no discomfort you may discontinue soaks. Instead of soaking you are to pour a capful of peroxide over the toe, allow it to dry then cover with gauze as shown at office. Repeat 1-2 times daily with peroxide.

If the bandage does not release from the toe without pulling, soak the bandage off or try peroxide. If it still won't release then just leave it and cover with new bandage. The old bandage will eventually come off, but if you pull it, the scab usually will re-open and start bleeding.

Call the office immediately if any problems occur or if you have any questions. **Do Not** pull of the scab, allow it to fall off by itself.