

Eastern Shore Foot Center
Daphne, AL

Dr. Randell Braun
251-626-5065

POST-OP CARE TEMPORARY NAIL

Do not worry about bleeding or drainage, you may see a yellowish bloody drainage on your bandage for a few days, and bleeding may be noted for a few days following partial or total nail removal.

Remove bandage once you get home and begin soaking. Pain may occur if the bandage is not removed in a timely manner since it is a compression bandage, if the toe awakens in the bandage it may throb, removing the bandage will alleviate the throbbing.

Soak several times a day, at a minimum twice a day but more may be beneficial. Use Room Temperature Water with a capful of distilled white vinegar and/or teaspoon of Epsom salt. Do NOT use hot water this will increase bleeding in the area and pain. Soak for 20-30 minutes, dry toe by gentle patting it with a towel and cover with gauze as shown at the office.

For any discomfort take aspirin or Tylenol, the toe will be tender to pressure for a few days, sandals may be more comfortable than a closed shoe but is not necessary. Keeping the toe covered is very important for recovery.

If you were placed on an antibiotic remember to eat when taking the medication unless otherwise instructed. When taking the medication if you begin to itch, swell, or get nauseous immediately discontinue the medication this may be an allergic reaction.

Call the office immediately if any problems occur or if you have any questions.