



## POSTOPERATIVE NAIL INSTRUCTIONS

You have just had a permanent correction of an ingrown or deformed toenail. The portion of the nail removed will not grow back. A chemical has been used to destroy the root portion of the nail to prevent regrowth of either part of the nail or the entire nail. This procedure is 95% successful and therefore there is a 5% possibility the nail may regrow despite our efforts. 90% percent of the people who have this procedure performed report mild or no discomfort whatsoever. They are able to wear their shoes and continue with their daily activities. About 9% of the people who have had this procedure complain of moderate discomfort that requires an open-toed shoe or special care to relieve pressure from the nail area. 1% percent of the people who have had this procedure have severe pain that requires special care not covered with these instructions. Please call the office immediately if you fall into this category.

Following the procedure a bulky dressing is applied and is to be left in place until the next morning. Your toe should be numb for 6 to 12 hours, sometimes longer. As the anesthesia wears off any mild discomfort should be controlled with Tylenol. The first morning following the procedure you will need to remove the bulky dressing and shower and bathe as you normally would. A small amount of Betadine (which has been provided to you) should be applied to the surgical site and covered with a Band-Aid. That evening you should again apply a small amount of Betadine and a fresh Band-Aid. These dressing changes should continue morning and night until your next appointment. (If you have had the entire nail plate removed, sometimes the drainage is more excessive and 2 Band-Aids should be applied, one over the top of the other during the first 3 to 4 days and dressing changes may be more frequent).

Soaking Instructions: In some cases, it may be necessary for you to do warm salt water soaks. If so, soak your foot in warm salt water (Epson or table salt will work) two (2) times a day for approximately 20 minutes, for 4-5 days.

If you notice excessive redness, pus, or extreme pain, please call the office immediately. We are available 24 hours a day. It is never an imposition to have you call to ask questions or to be reassured.

It is our hope you will have a normal recovery with resolution of your nail problem.

**IF YOU HAVE QUESTIONS PLEASE CALL THE OFFICE AT 623-974-0522.**

**24 HOUR PHONE NUMBER EMERGENCIES ONLY**

DANIEL BANGART (602) 980-3895

KEITH BANGART (602) 229-7608

JEFF THOMAS (623) 512-1633

SHANE MOORE (480) 241-9848

(Please call the appropriate Physician)