



Douglas J. Grimm, DPM
Scott T. Pattison, DPM
(512) 733-8600
(512) 733-8602
www.WhyMyFootHurts.com

Post-Operative Care for Toenail Surgery

The procedure you have undergone was performed to eliminate anymore toenail problems. The doctor used a medication to destroy the nail root. Because of this procedure, there will be some drainage of the toe. This may continue for up to three weeks. During this time we would like you to follow these instructions:

1. Keep bandages on until the morning. If you experience pain from the bandage compression, you may loosen it up before then.
2. Remove the bandages and bathe normally.
3. After bath or shower, make sure to dry the incision area and then apply a small amount of antibiotic cream (Neosporin) and small piece of gauze with a covering of medical tape (or band-aid).
4. Soak your foot at least once a day for 10-15 minutes with Epsom salts (5-7 teaspoons of salts into a quart of water).
5. Reapply new bandages every time you soak.
6. Continue to soak and use antibiotic cream for one week. After 7 days you may allow the toe to air dry when not wearing socks or shoes.
7. You should be able to partake in your normal activities by tomorrow. Complete healing normally takes anywhere from 3-5 weeks.

Other Tips:

- No swimming in lakes or river for at least 4 weeks.
- Swimming in pools is permissible.

Georgetown: 3201 South Austin Avenue, Suite 225, Georgetown, TX 78626

Round Rock: 7700 Cat Hollow Dr, Ste 102, Round Rock, TX 78681

Lakeway: 1310 FM 620 South, Suite A-14, Austin, TX 78734

Taylor: 603 Mallard Lane, Suite A, Taylor, TX 76574