

Surgery for Ingrown Toenails

To have at home prior to surgery:

- Bottle of plain or extra strength tylenol/acetaminophen
- Bottle of advil/ibuprofen
- Tub or bathtub to soak foot in Epsom salts
- Dressing supplies:
 - 2x2 gauze
 - 3 rolls of roll gauze
 - Plastic medical tape
 - Polysporin ointment

To Bring with to the surgery:

- Open toed-slip on sandals
- Your list of medications and/or pill bottles
- Someone to drive you home
- Your CPAP machine (if you have one) for Obstructive Sleep Apnea

AFTER CARE:

On the Way Home:

- Sit in the back seat of the car and keep your foot/feet elevated

At Home for the 1st 24 Hours:

- Keep your foot/feet elevated – this helps to reduce any bleeding
- For pain take:
 - Ibuprofen 600mg every 6 hours while awake
 - Tylenol – take 100mg every 6 hours while awake

24 hours After Surgery – The First Soak

- Soak your toe in warm water with 1-2 tablespoons of Epsom salt in it
- Remove the big gauze dressing while your toe is in the water – it can take 20-30 minutes or more to remove the first dressing
- Your toe may bleed a lot when you remove the dressing – this is NORMAL with the first few soaks and this is why you remove the dressing when the toe is the water
- **After the dressing is off, continue to soak your toe (s) for an additional 15-20 minutes after soaking**
- Dry our foot/feet and put 2 square pieces of gauze (2x2) on your toe(s)
- Secure the gauze snugly by wrapping the roll gauze around the toe 2-3 times
- Use tape to hold the roll gauze in place

Your toe(s) must be soaked 3 times each day for 15-20 minutes EACH TIME until your toe is healed (4-6 weeks).

If you do not soak your toe(3) 3 times each day for 15-20 minutes each time, it will not heal properly (will take longer to heal and look very messy).

After 1 week:

- Stop bandaging the toe(s)
- Leave your toe open to the air as much as possible

Additional FAQs

- **Can I put cream or ointment on my toe?**
 - It's not usually necessary to put any cream or ointment on your toe. If your toe(s) continues to bleed after your soak, you can put a blob of Polysporin on the wound(s) before bandaging.
- **My toe looks a bit red and infected. Is this normal?**
 - Yes, this is part of the normal healing process, antibiotics are not generally necessary
- **When should I contact the doctor who did my surgery if I'm concern about infection?**
 - You should contact the doctor if the redness worsens or goes beyond the area around your surgery (i.e. if the redness goes beyond the toe, onto the foot) or if your pain worsens
- **Can I play sports after my surgery?**
 - No sports, jogging, etc., until your toe is completely healed (4-6 weeks)
- **Can I shower after the procedure?**
 - Yes, you can shower after the procedure. Have a shower with the bandages on, then do a 15 minute soak right after

Follow-up:

For follow-up, you will see either Dr. Rekman or Dr. Carver in 4-6 weeks after the surgery to ensure the toe(s) are healing up well. You should receive a call from our office to make that appointment.

Please call earlier or head to the RVH ED if you are having problems earlier.

Office phone #: 613-432-7201

