

The Foot & Ankle Clinic, LLC
216-227-2194
Home Care Instructions After Nail Surgery

Leave the bandages on until tomorrow morning. At that time, you can remove the bandages to shower/bathe. If the bandages are difficult to remove, you may soak the toe or bathe with the bandages on to loosen them and then remove when finished.

Soak the surgical foot in warm Epsom salt water for 20 minutes. Dry the foot well and apply antibiotic ointment and a band aid to the toe prior to applying socks/shoes.

It is recommended that you soak the surgical foot twice daily, once in the morning and again in the evening. Soaking will help to prevent infection from occurring. Remember to apply antibiotic ointment to the toe after drying well and cover with a bandage.

If you are experiencing pain after surgery, you are permitted to take Tylenol / Aleve/Motrin or any other pain medicine that you normally take for aches and pains. If you have any concerns about what you should take, do not hesitate to call/ask Dr. Kovach/ Dr. Bell.

Try to limit your activities the first few days after surgery. An increase in standing, walking can cause throbbing, swelling and pain to the toe. Should this occur, elevate your leg on 3 pillows and apply an ice pack directly on the skin.

If you experience fevers, chills, nausea, vomiting, loss of appetite or any other symptoms that are unusual for you, call Dr. Kovach/ Dr. Bell to discuss.

Please schedule your first post-operative visit with Dr. Kovach/ Dr. Bell. This should occur within 7-10 days of having the procedure.

Remember, it is always better to call Dr. Kovach/ Dr. Bell if you have questions regarding your post-operative healing. Everyone at the Foot & Ankle Clinic wants you to have an easy, uncomplicated recovery period. No question about your care is ever considered silly.