



KAISER PERMANENTE®

SANTA CLARA

Post-Operative Instructions for Toenail Surgery

1. At the direction of your podiatrist, you need to remove your dressing tonight/tomorrow morning and soak your foot in warm water.
2. Add salt (epsom or table, ½ teaspoon per quart)
3. Soak for 15-20 minutes 3x times per day for the first week, 2x times per for the second week and 1x per day for the third week. A thin yellowish discharge which may be tinged with blood is anticipated.
4. Do not apply ointment or topical medication unless advised by your podiatrist.
5. Replace dressings with clean gauze or band-aids.
6. It may be helpful to avoid direct shoe pressure. Use open toed shoe for comfort.
7. Activity is as tolerated. Elevate your foot as needed to control discomfort.
8. Tylenol, Aspirin, Advil or any mild analgesic is generally sufficient to control pain.
9. Bathing may resume after the initial bandage change.
10. Call the Podiatry Advice Nurse at (408) 851-1950 if you have any problem or concern.

Permanent nail removal generally requires four to six weeks to fully heal.