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HOME CARE AFTER YOUR NAIL PROCEDURE

Please follow the guidelines below to help your toenail heal properly.

1. Your toe will feel numb for 6-8 hours after the procedure. It will slowly wake up with a tingly feeling. You should not have much pain, but if you do please take over-the-counter Tylenol or ibuprofen as directed by the doctor.
2. Leave the dressing on your toe clean and dry. Do not remove for 1 or 2 days after the procedure. Use an open-toed shoe approved by the doctor or the ortho shoe given to you by the doctor.
3. After 1-2 days, you may remove the dressing. Wash the area with antibacterial soap.
4. SOAK your foot in a basin of lukewarm water for 15 minutes. You may add 2-3 pumps of antibacterial soap or 2 teaspoons of Epsom salts to the water. This helps the fluid drain from your toe. Do this once a day until you see the doctor. Be sure to wash the basin out well after each use.
5. After soaking your foot, pat the area dry with a towel. Apply your choice of antibiotic ointment to the area with a cotton swab. You may use Neosporin, Bacitracin, or Amerigel ointment. Cover with a fabric band-aid. You may also add a piece of gauze if the nail is very tender or draining.
6. Change this dressing at least once a day as directed above. Always keep the toe covered with a band-aid to minimize your risk of infection.
7. Keep activities light. You may do activities as your pain tolerance permits, but avoid high impact activities until you see the doctor for your check-up.
8. Follow-up in 2 weeks to check the area. The toe usually takes 2-4 weeks to fully heal.

Mild bleeding and clear drainage are considered normal. If the bleeding does not stop or if you have pain with increasing redness, then please notify the office right away.

Tips to Keep Your Toe Clean

- **Disinfect your shoes.** Spray with Citrace or other disinfectant after each use. Let them air out for one day. Alternate your shoes. Avoid plastic or vinyl shoes that do not breathe well.
- **Disinfect your house.** Disinfect your shower/bath after each use. Wash your socks, towels, and linens in hot water and dry them at a high heat.
- **Disinfect your nail cutters & files.** Soak them in rubbing alcohol or use disinfecting wipes. You can bring your own instruments to the salon when getting manicures and pedicures.
- **Avoid nail polish** on the toe until it is fully healed.

Products here at DMFA to help you heal better:

- Medical grade fabric bandages
- Bacitracin / Amerigel ointment
- FungaSoap – antibacterial and antifungal cleanser
- Soaking Crystals – Epsom and sea salt soak