



Breakthrough Podiatry

A revolution in foot care

Nail Surgery After-Care Instructions

At Breakthrough Podiatry, our goal is to liberate you from pain as fast as possible! Please note the following instructions that will speed the healing of your toe:

- The anesthesia that Dr. Williams administered during your nail surgery will wear off in about four hours. Please take some Tylenol or Ibuprofen (Motrin), unless you have an allergy to them, in about an hour before that for pain relief.
- Often after nail surgery, your toe may continue to bleed. If so, try to keep the foot and leg elevated as close to the level of your heart as possible. Any elevation is better than keeping the foot down; use your common sense in this instance. You can add gauze to the dressing if you need to, just don't put it on too tight, as this could cut off the circulation and cause permanent damage to the toe.
- Change the dressing the next day or morning after Dr. Williams performed the nail surgery. You may soak the dressing in water or in the bath or shower to loosen any dried blood and keep it from sticking to the gauze when you remove it. You will now need to soak your toe, or toes, once or twice a day with warm water and some dish washing liquid. You can use betadine solution, phisohex, or Epsom salts if you wish. Please don't use too much of any of these. Soak your foot/feet for 10-15 minutes and then pat the area dry. Then apply an antibiotic ointment to some of the gauze that Dr. Williams provided you and dress the toe the way Williams' assistant showed you. If you run out of the dressings provided, you may use band-aids instead.
- Please contact Breakthrough Podiatry in two weeks. After this visit, you will be instructed to leave the toe open to air three or four hours per day so that the nail area won't get too macerated. You also don't want the nail area to get too dry, either; both of these extremes can delay healing.
Try to keep the nail bed moist, but not so wet that it looks like you've been bathing or swimming all day!

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Bruce Williams - Doctor of Podiatric Medicine



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- If you are experiencing severe pain, or you have concern about the healing of the toe, then call the office and come in as soon as possible.
- Finally, if you are experiencing some pain at the area behind the nail bed, Dr. Williams may instruct you to apply some over-the-counter cortisone 10 cream to that area. Don't put the cream on the nail bed, as this will delay your healing.

Your Breakthrough Podiatry team looks forward to seeing you in just two weeks to ensure that your toe is healing properly. Please feel free to contact us if you have any questions or concerns in the meantime.



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