



Papanui Foot Clinic

Ian Graham & Associates

Dressing Instructions for Ingrown Toenail Surgery

Contact Details

Clinic: 03 352 6400

Ian Graham: 0274333416

Tim Sander: 0274846229

Dressing Instructions for Ingrown Toenail Surgery

Name:

Date:

You have just had your ingrown toenail(s) operated on. As the anaesthetic wears off, you will get some throbbing in the toe(s). If this occurs, elevate your feet and legs, as the throbbing may last for a couple of hours. You may wish to take a Panadol if you don't have any stomach irritations with this medication.

It will take approximately one month for your ingrown toenail surgery to heal. Following these points will help your toenail(s) heal as quickly as possible.

1. Please keep the toe(s) dry, except for washing. This is very important – NO SWIMMING
2. Wear an open toed sandal/shoe if possible, as this will allow healing to occur a lot faster. If this is not possible, try to avoid shoes which cause pressure on the toe(s).
3. The dressing you have on your toe(s) will become soiled, as the wound will bleed after surgery. This is normal and will stop. For the next 2-3 weeks, a fluid will discharge from the wound. This is normal and indicates that the toe(s) are healing.

4. The base of the nail(s) may become red a few days after the surgery. It does not necessarily mean that the toe is infected. This is a tissue reaction to the chemical used to destroy the nail cells. If in doubt, please contact me.
5. While some minimal discomfort may be felt, please contact me should the toe(s) become painful.
6. Anytime through the recovery period, if you get a sudden increase in redness, pain, throbbing in the toe(s) or you feel feverish, you will have an infection and you need to see your GP immediately.
7. **Dressing Changes:**
 - a. The day after your nail operation soak the foot in a bowl of warm water containing one teaspoon of Epsom salts or normal table salt, for 5-10 minutes.
 - b. Dry carefully – usually with a paper towel.
 - c. Swab the wound with betadine ointment.
 - d. Cover the nail area only with a low allergy wound dressing, eg. Cutiplast, Handypor, or Elastoplast sensitive (available from the chemist or at our clinic). Repeat this dressing twice daily until the discharge stops.
8. Continue this treatment until the toe(s) stop discharging, which is generally three weeks.

If you are at all concerned about the toe(s), or there is a change in your toes condition, please contact me immediately (contact details on front page).



**Papanui
Foot Clinic**

Ian Graham & Associates