

Premier Foot & Ankle Clinic

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Board Certified, American College of Foot Surgeons

Post-operative nail soaking instructions

- ◆ Leave bandaging on until next day.
- ◆ Keep bandages dry and clean until you are ready to soak (next day).
- ◆ Fill a clean basin with plain warm water; add antibacterial soap or epsom-salt if desired.
- ◆ Take off bandaging. (If it sticks to your toe soak off the bandage)
- ◆ Soak for 20 minutes.
- ◆ After soaking dry toe thoroughly.
- ◆ Apply a breathable fabric Band-Aid (do not use plastic band-aids) and light antibiotic/Neosporin ointment.
- ◆ Soak every day for the next 3 weeks.

- ◆ If you have any concerns or signs of infection:
 - Redness (like a ripe cherry tomato)
 - Intense Pain
 - Heat (hot to the touch)
 - Thick/Excessive Drainage

Please call office immediately at 928-772-5916