

## Post-op Instructions

### Nail Avulsion

You have had a minor surgical procedure. Go straight home and try to keep off of your feet as much as possible for the next 12 to 24 hours.

1. Leave the dressing clean, dry, and intact. You may remove the dressing tomorrow morning.
2. A small amount of blood is to be expected. Do not be concerned if you notice a small amount of blood on the bandage.
3. Soak your foot in a gallon of Luke warm water (not hot) and a tablespoon of Epsom salt per gallon for 10 to 15 minutes, 2 times a day.
4. Dry the foot and apply 3 drops of the medication to the site of surgery and then cover with a band aid.
5. Patients who soak twice daily usually heal without any complications.
6. Because of the surgical method used, you should have complete comfort after the anesthesia wears off. If given a prescription, follow the instructions on the label.
7. You can take Tylenol or Advil if mild pain is noted.
8. Call (703) 996-3000 if there are any problems such as: ongoing pain, bleeding, or redness.
9. It is important to follow up in the office In 1 week to make sure you are healing as expected.