

### **Lake Ridge Foot & Ankle Center**

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### **Stafford Foot & Ankle Center**

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BOARD CERTIFIED, AMERICAN BOARD OF PODIATRIC SURGERY  
FELLOWS, AMERICAN COLLEGE FOOT AND ANKLE SURGEONS

## **INGROWN NAIL SURGERY**

### **Directions for Home Care**

1. Please go directly home and stay off your foot. Keep the foot elevated and apply an ice bag over your ankle, 30 minutes on, 30 minutes off each hour the rest of the day. Have prescriptions filled immediately. Take or use only as directed.
2. Keep the original bandage on until the following morning. Bathe or shower with the bandage on, allowing it to soak, so that when removed it won't stick to the wound.
3. After showering or bathing, remove the old bandage and cleanse the involved area with Betadine solution. Place a few drops of the Betadine solution on a piece of gauze and gently scrub the area. Dry with a clean piece of gauze.
4. Apply the antibiotic cream to the involved area and place a clean square of gauze bandage over it and cover with a bandaid.
5. In the evening, add a few drops of Betadine solution to a basin of lukewarm water and soak your foot for 15 minutes. After soaking your foot, follow the instructions above for cleaning your toe.
6. Continue cleansing the toe as described above two times a day, applying sterile gauze dressings until the doctor informs you that it is not needed.
7. Be sure to check the circulation in your toe by pressing your index finger on the end of the toe. You will see the skin turn a pale color, and then releasing your finger you will see the color return.
8. The charge for the surgical procedure includes the follow-up office visits after surgery. Additional treatments are not included.
9. Take aspirin or Tylenol as needed if you should experience any discomfort.
10. If you should have any questions, please do not hesitate to contact the office. After hours calling will connect you with the answering service. You must tell the answering service that you had surgery and want the doctor on call to call you.

*Thank you !*