



NAIL POST-OPERATIVE INSTRUCTIONS

Soaking your foot after a toenail procedure will aid in the healing process by removing non-viable nail bed tissue as well as decreasing your chances for post procedure infection.

Two common nail procedures include nail ***avulsions*** for an acutely infected nail as well as ***matricectomy*** procedures that are used to permanently remove portions of the nail. Nail avulsions typically heal quickly while matricectomy procedures take longer to heal.

General Instructions for both procedures are as follows:

- Elevate your foot the first 12 hours post procedure to decrease pain to the toe
- 8-12 hours post procedure begin soaking your toe. A 3-5 minute soak with Epsom salts or plain water will be fine. Soaking twice daily for the first week is optimal. After the first week soaking is no longer needed. After soaking apply an antibacterial ointment like Neosporin as well as a Band-Aid dressing. If there is significant drainage gauze dressing may be useful. An oversized adhesive “knuckle” band aid tends to work the best. Wounds heal quicker when kept moist.
- Take Advil or Tylenol as needed for pain. Pain is typically minimal.
- Use a post-operative shoe or open sandal to decrease the pressure on your toe. Advance to regular shoe gear as you feel comfortable.
- Return to all normal activities as pain allows.
- If you are noticing pain and redness in the toe after the first week of the procedure this might be a sign of early infection. Infection rates are very low. Do not hesitate to call the office if your pain and the local redness increase at the procedure site
- Normal healing time for a nail avulsion is approximately one week. The healing time for a permanent nail procedure or matricectomy is generally between two and four weeks for the nail.
- After a nail avulsion you can expect full healing within 5-7 days. Very occasionally you may need to be on an oral antibiotic during the healing period as directed by your physician.
- Recurrence rates for the nail matricectomy are less than 10 percent. If recurrence is noted generally the nail will begin to regrow around three months post procedure. If there is pain associated with the limited regrowth plan on a follow up visit for a recheck. A very small percentage of patients have to have the procedure repeated after the initial permanent nail matricectomy.

If you have any concerns questions or concerns about your nail procedure recovery, give the office a call at:

San Luis Obispo
(805)543-7788
1551 Bishop Street, 210B
San Luis Obispo, Ca 93401

Templeton
(805)434-2009
1101 Las Tablas Road, Suite K
Templeton, Ca 93465