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*Best feet podiatry presents*

# After your nail surgery



[www.bestfeetpod.com](http://www.bestfeetpod.com) / 0405 741 464 / [info@bestfeetpod.com](mailto:info@bestfeetpod.com)





# General Advice

*Directly following the surgery, it is important to get home and rest.*

To reduce discomfort, you should keep your leg raised for the first few hours, this helps the blood to clot and promotes healing, take it easy for the rest of the day.

Should you experience discomfort you can take your usual pain killer (e.g. Panadol). You should avoid taking anything containing aspirin.

It is important to keep the dressing dry until your next appointment. If the toe bleeds through the initial dressing, put an extra dressing on top but do not disturb the original one.

Avoid any activities that may injure the toes, such as swimming or sports until advised by your Podiatrist. Excess pressure on the toe will delay healing. Alcohol drinking should be avoided for 24 hours.

You will be asked to start changing your dressings after 2 - 3 days. You should be given a re-dressing appointment within seven days. If you experience any excessive bleeding or pain, please contact either the podiatrist, your GP or your local hospital.





## Redressing

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*Dressing changes need to be done everyday.*

## Things you need

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- Clean bowl
- Warm water
- Epsom salt
- Sterile non-adherent dressing (cutiplast or primapore)
- Surgical tape (micropore)



## What to do

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1. Half fill the bucket with warm water and add the salt (1 ~ 2 tbs).
2. Remove the adhesive tape from the old dressing gently.
3. If there are any dressing that not coming off easily, just soak in the water.
4. Immerse the foot in the water for 10 - 15 minutes.
5. Take your foot out of the water and dry it, avoiding the affected toe.
6. Allow the affected toe to air dry for 2 - 3 minutes.
7. Cover the toe with the sterile dressing and keep the dressing dry.
8. Repeat this until the wound stops weeping or is completely healed
9. Complete healing usually takes 1 - 4 weeks.

