



Soaking Instructions for Ingrown Toenail Surgery

- 1) Go directly home and limit activity as instructed.
- 2) Begin soaks the day after and soak once a day for 14 days.

Soaks will consist of the following:
 - 2 tablespoons of Epsom salt in 1 gallon of COOL tap water.
DO NOT USE HOT WATER! Hot water will cause more swelling and subsequently more discomfort.
 - Add two teaspoons of vinegar
 - Soak 20-30 minutes and let air dry for 15 minutes.
- 3) Apply a small amount of antibiotic ointment, **i.e.: Neosporin, Triple Antibiotic, or Bacitracin**, and fresh band aid.
- 4) If you experience any discomfort, elevate the foot above the level of your hip and take two Extra Strength Tylenol or Advil. Make sure the band aids are not too tight.
- 5) **CAUTION!** If you had a permanent procedure, the surgical site may look infected for the first 2 weeks. This is a normal reaction to the chemical burn that is created during the procedure. If you have a temporary removal, the area should look much better in 4 to 5 days.

NOTE: At the pharmacy, you will need:

- Epsom Salt
- Vinegar
- Antibiotic Cream or ointment
- Band Aids

If you have any Questions please call the office: (321) 397-2699

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