



## 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.
  - Soak 10-15 minutes and tap dry with a towel.
- 3) Apply a small amount of antibiotic ointment, **i.e.: Neosporin, Triple Antibiotic, or Bacitracin** to the 2x2 piece of gauze, place over the sight of removal and cover with a 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.

**If you have any questions or concerns please call the office: (321) 397-2699**

*Podiatric excellence from our family to yours*

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