



## **POST-OPERATIVE INSTRUCTIONS FOR TOENAIL SURGERY**

- The anesthesia that Dr. Thomas administered during your nail surgery will wear off in about four hours. Please take some Tylenol or Ibuprofen (Motrin), unless you have an allergy to them, in about an hour before that for pain relief.
- Often after nail surgery, your toe may continue to bleed. If so, try to keep the foot and leg elevated as close to the level of your heart as possible. Any elevation is better than keeping the foot down; use your common sense in this instance. You can add gauze to the dressing if you need to, just don't put it on too tight, as this could cut off the circulation and cause permanent damage to the toe.
- Soak 15-20 minutes twice a day with 1 teaspoon of betadine mix with warm water. And apply antibiotic drops following each soak. You can apply loose bandage to keep it clean.
- If you notice purulent (pus) drainage or increasing redness or pain, please contact the office.
- Most importantly, if you have any questions or concerns, please feel free to contact Dr. Thomas at any time by calling the offices at (229) 244-5104.

Thomas Foot & Ankle Clinic  
410 Connell Road Suite E Valdosta, GA 31602  
(229) 244-5104