

Norridge Foot Clinic

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Board
Certified,
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Surgery

INSTRUCTIONS AFTER INGROWN TOENAIL REMOVAL

Fellow,
American
College of
Foot & Ankle
Surgeons

Member,
Illinois and
American
Podiatric
Medical
Associations

1. Light activities may be performed for the first 12 hours after your nail correction.
2. Some bleeding through the bandage is normal and to be expected. If pain or excessive bleeding occurs, elevation of the foot is recommended.
3. Toe should be soaked (with bandage on) in solution prepared with prescribed medication as indicated on "Soaking Instruction Sheet". After soaking, any excess moisture may be squeezed out of bandage but **the bandage should be left in place.**
4. Do not remove bandage unless bandage is too tight.
5. Little if any discomfort is expected. If discomfort occurs, aspirin, Tylenol or Motrin may be taken. If discomfort persists--call the office.
6. An open toed shoe or sandal is recommended.

Conservative Concerned Care

Heel Pain • Injuries • Ingrown Toenails • Bunions • Hammer Toes
Corns and Calluses • Plantars Warts • Arthritis • Skin Disorders



SOAKING INSTRUCTIONS

SOFT SOAP / ANTIBACTERIAL SOAP

Dissolve 4 - 5 tablespoons of liquid soap in each pint of warm water and soak area 15 to 20 minutes _____ times per day.

BETADINE SOLUTION / PROVIDONE IODINE

Dissolve Betadine Solution in warm water until it looks honey color and soak area 15 to 20 minutes _____ times per day.

PEDIBORO POWDERS

Dissolve one packet in each pint of warm water and soak affected area 15 to 20 minutes _____ times per day.

ANTIBIOTIC OINTMENT-

Mycitracin, Neosporin, Triple Antibiotic- Apply to nail bed sparingly after soaking. Then apply bandaid _____ times daily.

RX- CORTISPORIN OTIC SOLUTION - Apply to nail bed after soaking. Then apply bandaid _____ times daily. 06-08