



WASHINGTON INSTITUTE
ORTHOPEDIC CENTER

Diagnosis and Treatment of Orthopedic Injuries

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Post-Surgical Nail Instructions

You have just undergone removal of all or part of a deformed nail. This procedure is different from other types of surgeries as there are no incisions or stitches. Following a few simple instructions will help in the recovery. If you have any questions, please ask.

1. Leave the dressing in place for 24 hours. Elevate the foot.
2. The day after the procedure, remove the dressing by soaking in Epsom salt solution (½ cup Epsom salt per quart of warm water). Soak 10 to 12 minutes three times every day. Keep nail covered with a *cloth* bandage when not soaking.
3. Continue soaking until instructed to stop (usually about two weeks).

Do not be alarmed after the surgery if there is drainage from the surgical area.

The soaking will help with the drainage and speed healing. If the toe becomes red, swollen, throbs, is painful or you notice pus, please call.

If you have any further questions, concerns, or problems, please feel free to call **425-746-5885**.

Walk as instructed to tolerance.

Patient or Guardian Signature:

Date