Family Podiatry of Central Florida

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

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