

Post-Op Instructions: Onycectomie (Ingrown toenail)

24 hours after surgery:

- Leave dressing in place for 24 hours unless profuse bleeding or dressing is soaked
- Wash wound delicately with a gentle soap and water
- Dry skin softly by patting with a towel
- Apply ointment (Vaseline in tube form-can be bought at your pharmacy) with a Q-tip. This will prevent the incision from becoming dry and forming a scab.
- Cover wound with dressing and secure it with kling wrap
- Wear a bigger size sandal or shoe
- As often as possible put your foot up
- If needed, take Tylenol 1-2 co every 4 hours

Repeat this procedure morning and night for 2-3 days

- **72 hours after surgery**

- Take dressing off
- Wash wound delicately with a gentle soap and water
- Dry wound softly by patting it with a dry towel
- Apply a small quantity of Vaseline (tube form-can be bought at your pharmacy)
- Cover with a Band Aid

Repeat this procedure morning and night until wound is healed

- Do not immerse foot in pool, whirlpool and pool
- Do not use Hydrogen Peroxide or rubbing alcohol
- Avoid activities that risk hitting your foot

Normal signs and symptoms 2-3 days after surgery:

- Sensitivity
- Clear light to yellowish discharge
- Mild swelling
- Slight redness
- Bruising

Make an appointment with doctor at the clinic (862-4182) if:

- Fever
- Pain increases
- Redness increases
- Yellowish or green discharge from wound lasting more than 1 to 2 days

If bleeding:

- Apply continuous pressure on the wound for 20 minutes
- If bleeding is significant or continues, call clinic for an appointment **(862-4182)** or go to emergency

Visit my website plantbaseddrjules.com to find downloadable versions of my post-op instruction forms and for more information on health, nutrition and skin surgery services.

