



[www.houstonianfoot.com](http://www.houstonianfoot.com)

9701 Richmond Ave, Suite 250  
Houston, TX, 77042  
Work: (713) 523-6700  
Fax: (713) 523-2626

14770 Memorial Dr. Suite 150  
Houston, TX, 77079  
Work: (281) 501-3443  
Fax: (281) 501-3393

## Post- Surgical Nail Procedure Instructions

1. Begin soaking 24 hours after the procedure. Keep the foot and bandage dry until then.
2. Using a clean basin, dilute one tablespoon of Epsom Salt in warm water. The water does not have to be hot.
3. Soak the affected foot for about 15 minutes. After soaking, pat the feet dry with a clean towel or some gauze.
4. Re-bandage the toe/toes with antibiotic cream and light bandage.
5. If you have had a partial or complete permanent toenail removal, it is very important to leave the toe open to air for a portion of the day. This is generally done in the evening. It is also very important to keep the toe covered with a Band-Aid whenever you are wearing shoes as this will help prevent infection.
6. Following a permanent or partial permanent toenail removal, you are to continue soaking the foot until all drainage has stopped. This may be anywhere from one to two weeks. Soak twice a day for the first week, then once daily during the second week.
7. Monitor for infection. Signs of infection include redness, swelling, drainage.

\*Please be advised, if you have had a permanent or partial permanent toenail removal, it is not unusual to have some increased pain and redness after the procedure. It is also normal to have clear drainage and a tinge of blood on the Band-Aid for two to three weeks after the procedure. **THIS IS NORMAL.**