

**YOU'VE JUST HAD NAIL SURGERY**  
**POST OPERATIVE CARE**

1. Keep your foot absolutely dry and do not remove the bandage for 24 hours. After 24 hours, remove bandage and soak in a solution of 1 tablespoon epsom salt to a quart of warm water for 15 minutes, then pat area dry. Apply NEOSPORIN OINTMENT to nail and cover with an adhesive bandage. REPEAT THIS TWICE DAILY FOR 2 WEEKS UNLESS TOLD OTHERWISE.
2. Patients who are given a prescription for pain medicine should take 1 pill every 2-4 hours in case of pain.
3. If blood should soak through the post-op dressing, do not become alarmed. Elevate the foot above your heart and apply a new, lighter adhesive bandage.
4. A certain amount of pain should exist for 3-5 days.
5. Exercise is permitted.
6. Expect to see drainage and redness from the area for roughly 1 to 5 weeks. This is part of the normal healing process.
7. It is all right to take showers (but not baths). Remedicate and cover afterwards.
8. If there are any other questions, please call the office. **(847) 362-8848**

**THE FOOT**  
**CARE GROUP**

*Medical and surgical specialists of the foot and ankle*

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