Soaking Instructions for Ingrown Toenail Surgery

1. Go directly home and limit activity as instructed.

2. Begin soaks tomorrow and soak twice a day for 14 days.

   Soaks will consist of:
   
   A: 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 pain.
   
   B: Add a small amount of Povidine Iodine 10% solution or Betadine to the water just enough to change the color of the water. (approximately 2 teaspoons).
   
   C: Soak 20-30 minutes and let air dry for 15 minutes.

3. Apply a small amount of antibiotic ointment, i.e.: Neosporin, Triple Antibiotic, or Bacitracin, and fresh band aids.

4. If you experience any discomfort, elevate the foot above the level of your hip and take 2 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.

NOTE: At the pharmacy you will need:

   - Epsom Salt
   - Betadine (generic; Povidine Iodine 10%)
   - Antibiotic Cream or ointment
   - Band Aids

If you have any Questions call 489-4343

Patient Signature: ____________________________

Witnessed by: _______________________________