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INSTRUCTIONS FOR NAIL CARE **(temporary removal)**

- 1) Keep the bandage on for about 12 - 24 hours after the procedure. If it sticks, you can soak the bandage in warm water to remove it.
- 2) Soak the toe in WARM soapy water or epsom salts for 20 minutes, twice a day for 2-4 weeks or until there is no more drainage. If you see any crusty, clear, yellow fluid, gently clean this away from the wound with a Q-tip or soft cloth.
- 3) Pat the area dry and apply a small amount of an antibiotic ointment, such as NEOSPORIN, to the area and cover with a regular band-aid after soaking or if the band-aid gets wet.
- 4) You may shower as normal and apply a fresh band-aid after the shower.
- 5) You may wear your regular shoes and continue your normal daily activities as long as you are comfortable.
- 6) **DO NOT** USE HYDROGEN PEROXIDE ON THE WOUND. It will irritate the healing tissue and cause further damage.

WHAT TO LOOK FOR:

It is normal for the skin just around the nail to be a little red and irritated for the first week or so after the procedure. It is not necessarily infected.

Some signs that your toe may be infected are:

- Redness that spreads up to toe toward the foot.
- Swelling of the entire toe.
- More pain than before the procedure.
- Creamy yellow or greenish pus draining from the wound.

If you think your toe may be infected, please call us immediately at 415-426-7771.