



## **Northeast Wisconsin Foot & Ankle Associates**

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### **Post-Operative Ingrown Toenail Instructions**

1. Elevate the foot that was operated on above the level of the heart. Try to **avoid excessive walking** today.
2. **Keep bandages clean and dry.**
3. You may take over the counter Tylenol or Advil for pain. Take as directed.
4. Report any unusual pain or bleeding to my office.
5. You may remove the dressing tomorrow AM.
6. **Soak twice each day** in warm water with Epsom salts, or warm water with mild dish soap for 20 minutes.
7. You have been given a prescription for one of the following topical antibiotics:  
 Cortisporin Otic solution. (10ml bottle) Apply one to two drops after soaks twice each day.  
 Silvadene Cream. Apply to the area after soaks twice each day.
8. Cover the area with gauze or bandaid at all times.
9. **Return to the office in two weeks.**
10. Please feel free to contact my office with any questions or concerns.
11. Call if you have Brown, Green, Thick Yellow or White drainage, or if your toe becomes bright red and warm to the touch.