

# Monmouth Podiatry

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## Fungal Nail Surgery after care

1. Keep the original dressing on your toe for 2 or 3 days, keep it dry during this time.
2. When ready, remove dressing then..... A. Soak toe/foot in a bowl of warm salt water for 5 to 10 minutes B. Dry foot with clean towel, dry toe with new clean cotton wool balls C. (Optional) Apply Betadine or Savlon iodine dry powder spray if required to nail surgery area D. Apply new sterile Melolite dressing to toe, fix in place with Micropore tape E. Leave dressing in place for 24 to 48 hours, keeping it dry. Soap water will slow the healing rate.
3. Repeat steps A to E for approximately 1 week until the nail surgery area has stopped weeping fluid.
4. Keep the toe clean and all should heal well. However if the toe becomes cherry red and inflamed there may be a bacterial infection. Either call me to have it checked over or see your GP to get a prescription for some antibiotics.
5. Once the toe is dry (approximately 5 to 10 days) it can be left without dressings.
6. After approximately 5 to 6 weeks the new nail should be showing through at the base, you can now start applying the anti-fungal oil twice weekly. Continue with the oil until the nail has completely grown to full length, approximately 4 to 5 months for small toes, 9 to 12 months for big toes.