

Nail Surgery after care

Monmouth Chiropody/Podiatry

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1. Keep the original dressing on your toe for 3 to 4 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. 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 48 hours, keeping it dry. Soap water will slow the healing rate.
3. Repeat steps A to E for approximately 3 weeks 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 3 to 4 weeks) it can be left without dressings, it will be 6 to 8 weeks before it is completely healed.