



Monmouth Podiatry

Nail Surgery Aftercare instructions

1. Keep the original dressing on your toe for 3 to 4 days, keep it dry during this time.
2. When ready, remove the dressing then.....
 - Soak toe/foot in a bowl of warm salt water for 5 to 10 minutes or use a smaller bowl of warm salt water and use cotton wool balls to soak up the water and clean the toe.
 - Dry foot with clean towel, dry toe with new clean cotton wool balls
 - Spray Clinisept antimicrobial onto toe, wipe away with clean cotton wool ball, apply one more spray then,
 - Apply new sterile Melolite dressing to toe, fix in place with Micropore tape
 - Leave dressing in place for 48 hours, keeping it dry. Soap water will slow the healing rate.
3. Repeat steps above 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



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