



FOOT & ANKLE
Health Center

M. JAY GROVES IV, D.P.M.
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Name _____ Date _____

INSTRUCTIONS FOLLOWING NAIL SURGERY

TODAY

Go directly home-elevate feet while resting.

Restrict your activities somewhat today.

Wear roomy, supportive shoes to protect the procedure site.

DO NOT WET ___FOOT TONIGHT.

Keep bandages **DRY** and **CLEAN**.

You may notice some oozing through the bandages, this is normal.

If bandages become saturated with blood,change it and elevate foot.

Anesthesia will last 3-6 hours (sometimes longer).

For discomfort take Tylenol, or _____.

TOMORROW

Remove bandage and wash with warm soapy water.

At night time, for one week, 10minute foot soak in Epsom salt water.

Apply antibiotic cream around the edges of the wound.

Re-bandage twice daily using light gauze, until your next appointment.

If any problems arise, call the office (24 hour answering service).

X _____

Patient's Signature