

INSTRUCTIONS FOLLOWING NAIL SURGERY

Name

Date

TODAY – Ice to top of foot: Place a dry wash cloth on top of the foot first. 20 minutes on, 40 minutes off every hour until bedtime.

KEEP FOOT ELEVATED AND REST

START TONIGHT _____

Remove all dressings

START TOMORROW _____

After each shower dry foot completely with a clean towel then apply Silvadene cream and PolyMem Dressing, continue for the next 12 days.

Toe must be kept covered with PolyMem or a cloth bandaid (coverlet) until ALL drainage stops, approximately three to four weeks.

USE WARM WATER ONLY

Place into two quarts of warm water:

___ Two Tablespoons of table salt

___ Other: _____

SOAK FOR:

___ 10 Minutes

___ Twice a day

___ Opposite the time of bathing

AFTER SOAKING:

___ Apply ___ Silvadene Cream or _____

___ Cover with a Bandaid

Continue for _____ days