

Dr. Jared C. Shippee, D.P.M.

Nail Operations

A modern podiatric surgical technique has been performed on your toenail. In most cases, discomfort is absent or minimal. Uncomfortable twinges may sometimes be felt in the area. This will gradually lessen and finally disappear.

Please follow these instructions for success:

1. Leave the bandage on until _____ morning.
2. _____ morning, remove the bandage and any gauze packing from your operated toe. Discard both.
3. You may get your operated toe wet in a shower or bathtub. Following each foot soak or shower, apply AmeriGel, a gauze pad and a band-aid to the operated toe.
4. Elevate your foot occasionally during the 1st 24-48 hours after surgery.
5. Do not use hot water bags or electric heating pads on your operated toe. They may cause excessive bleeding.
6. Plain or extra-strength Tylenol may be taken for discomfort.
7. After the 1st week, begin allowing your operated toe to be exposed to the air as much as possible, i.e., leaving the band-aid off when you can.
8. You should expect to see clear or blood-tinged drainage coming from your operated toe. This is Normal and should not be mistaken for an infection.
9. If you see pus (white, yellow or green in color) coming from your toe, that could be infection. Notify me as soon as possible.
10. There may be some redness of the skin behind your toenail. If it stops at or before the level of the first toe knuckle, don't be alarmed. This is probably a localized reaction to the acid we used. The redness will fade in time. If you see redness that extends past the first knuckle extending further up into your foot, that could be infection and you need to let me know.

Return Appointment: _____

You will need:

- AmeriGel
- Sterile 2x2 gauze pads
- Band-aids
- Tylenol- 325mg regular or 500mg extra-strength

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SPECIALISTS