



JAMES J. DeLORENZO, D.P.M
Physician of Podiatric Medicine and Surgery

21 Old Main Street, Suite 107
Fishkill, New York 12524
Tel 845.897.FEET *Fax* 845.897.3335

INSTRUCTIONS FOLLOWING NAIL SURGERY

Depending how uncomfortable the procedure was, you may opt to remain off your feet for the rest of the day or, at least, keep any pressure off the toe from shoe wear such as a shoe or sneaker. A sandal may be a better choice. Make certain you adequate room in your sneaker, shoe or boot if you do decide to wear something other than a sandal. Later on when the anesthesia wears off, it may become quite uncomfortable with a minimal amount of pressure.

The surgical site, toe or an area surrounding the toe may be numb for anywhere from 1 to 8 hours, depending on how you respond to the medication (anesthesia). Slight bleeding, discoloration or drainage may occur and is normal. If you have any questions or concerns, please contact the office.

You may elevate your foot to help reduce some swelling which may occur, as with any procedures of the legs or feet. You may also take over-the-counter pain relievers, as directed, for any discomfort. If the pain or discomfort is not controlled adequately, contact the office at the phone number below.

Beginning the day after the procedure, carefully remove the bandage and shower, or bathe as you would normally do. If the bandage gets stuck to your skin, either wet it with water or leave the dressing on when bathing. This will loosen up the dressing. Remove it and allow the soap and water to wash over it. It may still be a little sensitive, so please be aware not to allow hot water to run over it, since this may cause additional discomfort.

MYTH #1: CLEANSE THE SITE WITH HYDROGEN PEROXIDE. Although we have all been told to use this to kill any bacteria, which it does so adequately, it also destroys healthy tissue, as well. Soap and water works well and since you're going to place the antibiotic ointment in this packet on the wound, this will aid in killing any bacteria and allow the wound to heal faster.

MYTH #2: "AIR IT OUT" or "LEAVE THE BANDAGE OFF AT NIGHT SO THE AIR GETS TO IT". Again, we've all been told this throughout the ages and have done this "because my mother told me when I was younger to do this". The wound will get plenty of "air" through the bandage/ band-aid. The body heals in a moist environment. When you keep a cut or any other type of wound covered, it will heal much quicker because the body can go through its steps to repair itself. If you leave a wound uncovered or, "allow it to air dry", the body now has to form a scab, fight infection and still go through the healing steps to repair itself. As surgeons, we cover EVERY wound so the body is

allowed to repair itself much quicker. Remember, we are ninety-plus % water and heal much better when well hydrated.

You may opt also to soak the foot in Epsom salts and warm water. This is okay to do and actually encouraged, if you are so inclined to do so. This will allow the wound to drain any “bad” stuff and draw some healing properties into the wound site. This can be done daily for 10-20 minutes, or while watching your favorite program. Please wash the site off with fresh water-tap water is fine- just cover the wound with the antibiotic ointment, gauze and elastic wrap afterwards. Do not make the bandage too bulky, this may increase the pressure on the digit and cause discomfort. The “less is more” theory works well in this case. This should be done daily until you return to the office for a follow-up appointment. This is to make certain there is no infection beginning, which can occur if not taken care of adequately. Sometimes, there is a build-up of tissue along the side(s) of the nail which needs to be removed. This tissue can delay the healing of the wound if not removed completely, again opening you up to an infection. This is considered an OPEN WOUND, and needs to be treated as one. Just because it’s a toe nail, doesn’t mean it can’t develop into a major problem, especially if you’re a Diabetic, have poor circulation, diminished sensation of your feet (neuropathy), as well as other medical concerns.

Any questions or concerns, contact your doctor at this number: _____

James J. DeLorenzo, DPM