

## Ingrown Nail Home Care – Permanent Procedure

Your anesthetic will wear off in about 2-4 hours. You may or may not experience pain. If it is painful, try to keep your foot elevated. You can also take Tylenol or Advil for pain control.

If you ever notice increased redness migrating towards your leg and you have increased pain and swelling – please contact the office or go to the emergency room or walk- clinic.

### What you need:

- Water basin (clean) that you can soak your foot in
- Epsom Salts (Magnesium Sulphate) – preferably un-scented
- Bandaid or Gauze (2x2 or 3x3). Note: **DO NOT USE WATERPROOF bandages**
- Antibiotic ointment (Polysporin / Neosporin or equivalent)
  - If true penicillin allergy: use Silvadene or Ozonal

### TODAY:

Keep your dressing clean and dry for the rest of the day and overnight. If you need to take a shower, wrap your foot in 2 plastic bags or use a shower bag. If your bandage does get wet – change it.

### WEEK 1:

#### Tomorrow:

1. Dissolve 1 tablespoon of Epsom salts in 1 litre of lukewarm water.
2. Place your toe in the water to soak for about 5-10 minutes.
3. After soaking, apply antibiotic ointment to bandaid / gauze and wrap around the toe.  
**Be sure not to touch the wound directly with your finger.**
4. Soak twice a day for 1 week MAXIMUM.

### WEEK 2:

1. Discontinue soaking.
2. Apply dry bandaid / bandage (without polysporin) during the daytime.
3. Try not to use bandage at nighttime to dry out the wound.

After two weeks – see Dr. Riar for your follow up appointment!

If you ever have any questions, please do not hesitate to contact our office.