

Ingrown Nail Home Care – Temporary 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)
- 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 and apply a dry one.

TOMORROW:

Soaking instructions:

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 4 days. In the second week, try to keep it open at night to dry out the wound. During the second week (daytime), you can apply a dry bandaid (no polysporin).
5. Do not use waterproof bandages.

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