

# Pinehurst Foot Specialist

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## INSTRUCTION FOR NAILS

ITEMS YOU WILL NEED: 1) GAUZE

2) TAPE

3) EPSOM SALT (two teaspoons per quart of water)

- A) Leave bandage in place until in the morning; remove the outer layer of gauze and tape. Pour in enough of the Epsom salt solution into a basin to completely cover the foot. Soak for 15-20 minutes. Then remove all gauze.
- B) Apply a thin layer of Polysporin to the area.  
Apply a dry, 2 inch gauze around the toe and over this with tape to secure the bandage to the toe
- C) Repeat steps A and B daily until the area is healed and dry. Polysporin needs to be applied twice a day along with a dressing change.
- D) If pain occurs, take acetaminophen ( Tylenol, 2 every 4 hours.  
If the pain does not subside, call the office.
- E) Do not use hydrogen peroxide.
- F) Some redness and oozing of the operated side is normal. If the area becomes very red, swollen or puss if formed, please call the office.
- G) It will normally take three to eight weeks for the area to heal. During this time, it is advantageous to keep the dressing on your toe. However, after about two weeks, it is acceptable to allow the area to be exposed to air while resting or sleeping, so you have remove the bandages during these times. **Do not use band aids or plastic bandages as this will slow healing.**
- H) Please follow any additional instruction you have been given and take any prescriptions you have been given as directed.
- I) If at any time you have a question or problem, please feel free to call the office for advice. (910) 295-9255