



SOAKING INSTRUCTIONS

To soak your toe: Take ½ a capful of Hibiclens soap in basin of luke-warm water, place your foot (toe) in the water for 15 to 20 minutes.

INGROWN TOENAIL AFTERCARE

- Leave dressing in-tact until the next morning after the procedure. If blood soaks through, do “NOT” take bandage off, instead you may add additional gauze.
- The morning after and every day until your next follow up appointment you “MUST” soak your toe at least 2-3 x daily.
- Additional Soaking will help the healing process.
- Follow-up soaking by applying the Amerigel and finish with the toe sock and wrap toe.
- ** Please note you will experience some discomfort, if discomfort continues please increase soaking. You will experience some redness and possible blistering around the wound- this is completely normal. Also note that drainage from the wound is expected and should continue until your next follow-up visit.
- You may take Tylenol or Advil as needed for pain. Please make sure you call your primary Doctor to make sure this does not interact with any other medications that you might be taking.
- If you have any questions please contact our office (949) 766-8505.

Make sure to keep your follow up appointment!