



Surgeons-Podiatrists

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Ingrown Toenail Post Nail Avulsion Treatment Protocol

- Do not change the dressing until tomorrow morning. If the dressing bleeds through then add more dressing. If you feel that the dressing is too tight then call us before removing the dressing.
- Starting tomorrow morning, perform Epsom salt soaks in luke-warm water (1 tablespoon of epsom salt per gallon of water) 2 to 3 times per day for 10-15 minutes. Do this for about 1 week.
- After soaking your foot, apply a thin film of topical antibiotic ointment (for example, neosporin®, polysporin®, triple antibiotic®, or bacitracin®) to the affected area and then apply a cloth band aid.
- It is okay to take a shower if you do the epsom salt soak afterwards. Leave the bandage/band aid on when showering to protect the area.
- If an oral antibiotic was prescribed then take the entire course of antibiotic, as prescribed, even if the infection appears to have resolved.
- **CALL US IF YOU SUSPECT A PROBLEM WITH YOUR HEALING!**
- Follow up:
 - 1 week
 - 2 weeks
 - Only if there is a problem with healing

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