Rappahannock Foot & Ankle Specialists
PODIATRISTS - SURGEONS
Restoring Active Fulfilling Lives One Foot At A Time

Surgeons-Podiatrists

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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