

## INGROWN NAIL CARE

### SOAKING INSTRUCTIONS (BEFORE PROCEDURE):

TO SOAK YOUR TOE: TAKE ½ A CAPFUL OF HIBICLENS SOAP IN A BASIN OF ROOM TEMPERATURE WATER, PLACE YOUR FOOT (TOE) IN THE WATER AND SOAK FOR 15-20 MINUTES.

### INGROWN NAIL CARE (AFTER PROCEDURE):

\*LEAVE BANDAGE AROUND TOE INTACT UNTIL THE NEXT MORNING AFTER THE PROCEDURE. IF A LITTLE BLOOD SOAKS THROUGH, DO NOT TAKE THE BANDAGE OFF, INSTEAD YOU MAY ADD ADDITIONAL GAUZE TO REINFORCE IT. THIS IS NORMAL. IF THE BANDAGE BECOMES SATURATED WITH BLOOD, PLEASE REMOVE THE BANDAGE AND APPLY FRESH GAUZE.

\*THE MORNING AFTER AND EVERY DAY UNTIL YOUR 2 WEEK FOLLOW UP YOU MUST SOAK YOUR TOE A MINIMUM OF 3 TIMES A DAY FOR 15-20 MINUTES FOLLOWING THE SOAKING INSTRUCTIONS ABOVE.

\*MAKE SURE TO COMPLETE THE ANTIBIOTICS.

\*ADDITIONAL SOAKING WILL HELP THE HEALING PROCESS, AND MORE SOAKING WILL HELP DECREASE THE PAIN. IF YOU ARE EXPERIENCING DISCOMFORT, INCREASE YOUR SOAKING.

\*FOLLOW UP SOAKING BY APPLYING THE AMERIGEL OINTMENT AND FINISH WITH THE TOE SOCK WRAPPED AS INSTRUCTED OVER THE TOE. PLEASE DO NOT USE A BAND-AID IF YOU RUN OUT OF THE TOESOCK, BAND-AIDS CAN HOLD IN MOISTURE AND CAUSE INFECTION OR PROLONGED HEALING.

\*YOU WILL EXPERIENCE REDNESS, SWELLING, AND POSSIBLE BLISTERING AROUND THE WOUND- THIS IS COMPLETELY NORMAL. ALSO NOTE THAT DRAINAGE FROM THE WOUND IS EXPECTED AND WILL CONTINUE UNTIL YOUR NEXT FOLLOW UP APPT.

\*YOU MAY TAKE TYLENOL OR ADVIL AS NEEDED FOR PAIN AND SWELLING. 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