

**Mokena Foot & Ankle Clinic**  
PHILLIP D. NARCISSI, DPM 708/479-0790

**HOME INSTRUCTIONS AFTER NAIL SURGERY**

1. Your toe(s) will remain numb for approximately 4 hours. It is best to wear a loose fitting shoe during this time.
2. **TONIGHT**, soak the toe(s) right through the bandage, for about 10 minutes, in warm water. Squeeze the bandage dry after soaking.
3. **IN THE MORNING**, soak your toe(s). Remove the bandage. Remove the cotton drain with your fingers or tweezers. The cotton drain should come out in one piece. Apply Neosporin as directed, then cover the wound with a Band-Aid.
4. Most patients experience minimal or no pain. If you do have pain, keep your foot elevated. Your usual "headache medicine" (i.e. aspirin, Tylenol) should be sufficient. If the pain is severe, **PLEASE CONTACT THE OFFICE IMMEDIATELY!**
5. **CONTINUE** to soak and use the medication twice a day until you are instructed to do otherwise. The more you soak, the sooner it will stop draining. An average soak is approximately 5 minutes. The 4<sup>th</sup> day post-op no Band-Aid needed when you are sleeping.
6. The toe(s) will drain, off and on, for about 4-6 weeks.
7. **PLEASE KEEP ALL OF YOUR FOLLOW UP APPOINTMENTS!** It is important for us to check on your progress to avoid or recognize any complications. Thank you!