



### **Post Procedure Nail Instructions**

- Do not touch surgical dressing for 24 hours. Keep area dry.
- After 24 hours, soak foot in warm water with 2 tablespoons of Healing Dead Sea Soaks OR Epsom Salt for 20 minutes.
- Wash foot and surgical site with Neutrea Soap OR antibacterial soap and dress with antibiotic cream and a band-aid. Do not use a toothbrush or scrub the nail.
- Continue with 20-minute soaks 1x per day, soap wash, and band-aid until you return to our office for your follow up.
- Some mild discomfort is normal within the first 72 hours. If you experience excessive pain, drainage or fever, please call our office as soon as possible \*\*\*PHONE NUMBER.

**\*Please note\*** - Permanent nail procedures will drain more than regular nail removal procedures. Area may appear red and irritated up to a month after procedure.

### **Pain Management**

- Some mild discomfort is normal within the first 72 hours. If you experience excessive pain, drainage or fever, please call our office as soon as possible.
- If issued medication, take as prescribed by Dr. Woodley.
- If no medications were prescribed, take Motrin or Tylenol as needed for pain.
- The injection of local anesthetic medication you were given will last between 2-6 hours.

***If for any reason you are unhappy with any product, please return for a full refund within 14 days of purchased date.***

***These are our recommended products; you may choose to buy alternates from an outside source.***

### **Over the Counter Products**

- **Neutrea Soap** – Use this product whenever showering. Apply to feet, lather and rinse thoroughly.
- **Wound Gel** – Apply to wound 2x a day or as directed by your doctor.
- **Salt Scrub** – Follow instructions on back; follow with natural foot repair cream.
- **Healing Dead Sea Soaks** – Follow instructions on bottle. Soak for 20 minutes 1x a day or as directed.
- **Pain Aid Cream** – Soothes sore muscles, joints and ligaments, use 2-3x a day max. Wash hands after use.

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