



CRYSTAL FALLS

FOOT + ANKLE SPECIALISTS

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Post-Operative Instructions for Nail Surgery

1. Soaking should be performed in a clean container with fresh water for each time you soak your feet.
2. Remove dressings in 24 hours and begin soaking the foot in warm water with Epsom salt (1 tablespoon in a quart of warm water) with a splash of vinegar twice a day for 15 minutes.
3. Apply Betadine twice a day after soaking the foot and apply a flexible fabric Band-Aid.
4. Some bleeding is not unusual in nail surgery. If this occurs, apply extra pressure. If the bleeding continues, please call the office at 512.738.8896.
5. Your return appointment should be in the next 1-2 weeks. We look forward to seeing you then!

Frequently Asked Questions:

Q: When can I take a shower?

A: 24 hours after your procedure.

Q: What should I do after my shower?

- A:
1. Dry the toe with a clean towel.
 2. Apply betadine to the surgical site.
 3. Apply antibiotic ointment and a cloth Band-Aid.

Q: How long should I continue with these instructions?

A: Until your follow-up appointment.

Q: What types of shoes can I wear?

A: Any shoe that does not place too much pressure on the toe.

Q: When can I return to my regular activities?

A: After 24 hours, you may return to any activity that does not cause pain to the area.

Q: My toe is red and painful, is this normal?

A: This is usually normal. If the redness is getting worse and/or you start to feel ill, please return to our clinic immediately. If it is a weekend, please call the office and leave a message which should be returned promptly.

