



Prairie Path Foot and Ankle Clinic

136 W Vallette St - Suite 2 • Elmhurst, IL 60126 • 630.834.3668 • www.elmhurstfootdoc.com

Amerigel at Home Instructions Ingrown Nail

Today you have undergone drainage of an infected, ingrown nail. The care you need to perform at home is listed on this sheet. It is very important that you follow these instructions carefully and call the office with any concerns.

#1 – Removal of the Bandage

- Begin with soaking your foot tomorrow morning. You will place the entire foot with the bandage on in lukewarm water with approximately a teaspoon of dish soap. This will help you in removing the bandage with minimal pain. After 15 minutes, remove the bandage layer by layer until the entire bandage comes off.

#2 – Soaking Instructions

- Continue to soak 2 times per day for 15 minutes each time in lukewarm water and a teaspoon of dish soap for the next 10 days.

#3 – Caring for the Nail Bed

- After soaking, cleanse the wound thoroughly with the Amerigel Wound Wash and gently blot dry. Apply a liberal amount of Amerigel Wound Dressing to the wound site and cover with the enclosed gauze pad. Apply the bandage around the toe.

#4 – Prescription Antibiotics

Occasionally an oral antibiotic is needed in addition to the topical ointment. The doctor has given you (circled):

No oral antibiotic needed

Keflex 1 tablet by mouth 4 times a day for 10 days

Augmentin 1 tablet by mouth 2 times daily for 10 days

Levaquin 1 tablet by mouth 1 time each day for 10 days

#5 – Follow up appointments

1st post op appointment (1 week) _____

2nd post op appointment (3 weeks) _____

* If any problems such as increased pain, redness, drainage, swelling, warmth to the area, fever or any other concerns, call the office immediately to speak with the doctor or medical assistant.