



Prairie Path Foot and Ankle Clinic

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P&A After Care Instructions

Today you have undergone a permanent removal of nail border(s) that cause reoccurring ingrown nails. 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 1 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 – 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.

#3 – Follow up appointments

1st post op appointment (1 week) _____

2nd post op appointment (3 weeks) _____

#4 – 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.

*Healing time may vary. As with any surgical procedure, complications such as infections can occur. Follow the post-op surgical instructions carefully to reduce the risk of infection.