

Post-Op Instructions

Nail Avulsion

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The first 24 hours

1. For pain (do not exceed the amount listed below). Use as needed.
 - a. Ibuprofen: 600mg (3 x 200mg tablets) every 6 hours
 - b. Acetaminophen: 1000mg (2 x 500mg tablets) every 6 hours

Note: you can alternate between Ibuprofen/Acetaminophen every 3 hours if needed (*dosage for children is lower)

If you have a concern/question:

For appointment related questions call the clinic at 519-461-0776

If you have a question about your toe text Dr. Henry at 519-872-0109. If you have an urgent concern, please call him rather than text

Do your first soak on:

1. Soak foot in warm water with 1-2 tablespoons of plain epsom salt
2. Remove all the gauze while your toe is in the water
3. Soak for 15-20 minutes after the dressing has been fully removed

How to apply bandages to your toe(s)

1. Dry your foot and put 2 of the square gauze pads on the wound
2. Secure the gauze snugly by wrapping the roll gauze around the toe 3-4 times
3. Use any kind of tape to hold the gauze in place
4. It should feel snug, but not too tight

Note: Do not apply ointment

Soaking Routine/Healing Process

1. Starting on _____
soak your toe(s) 2 times EACH DAY (morning/evening) for 15-20 minutes each time (with plain epsom salts) until your toe is healed (up to 8 weeks)
2. If you do not soak your toe as per the directions above there is a higher chance of infection/complications in the healing process
3. After 1 week, stop bandaging your toe after the soaks and leave your toe open to the air. You can bandage for sleep/school/work
4. Your toe(s) will look a bit red and infected throughout the healing process around the wound area. If your toe is completely red, the redness is going into your foot or if you are concerned about infection, text a photo to the doctor or call for an appointment
5. No sports/jogging for 6 weeks.
6. There are no restrictions on showering. You can have a shower with the bandages on, then do your soak

Follow-Up

You can either book a follow-up appointment at 2 weeks post-op

OR

You can text a clear photo of your toe(s) to Dr. Henry at 519-872-0109 once a week (state your name and date of surgery)