



**ADVANCED
FOOT CARE**

**1015 Morris Park Ave
Bronx, New York 10462
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Post Operative Nail Instructions

- 1. A CORRECTIVE PROCEDURE HAS BEEN PERFORMED ON YOUR TOENAIL. A SLIGHT AMOUNT OF PAIN AND SWELLING IS TO BE EXPECTED. THIS WILL VARY FROM ONE PERSON TO ANOTHER.**
- 2. TONIGHT, GENTLY REMOVE THE BANDAGE FROM YOUR TOE AND SOAK IT AS FOLLOWS: TAKE A CLEAN BASIN AND PUT IN 1 OUNCE OF WHITE VINEGAR. TO THIS ADD 4 GLASSES OF WARM WATER. SOAK THE TOE IN THIS SOLUTION FOR 10 MINUTES 2 TIMES A DAY UNTIL YOU RETURN TO THE OFFICE. APPLY TRIPLE ANTIBIOTIC OINTMENT WITH A Q-TIP AND COVER THE WOUND WITH A 1-INCH BAND-AID.**
- 3. TAKE ALL PRESCRIBED MEDICATION AS DIRECTED**
- 4. MOST NAIL AFTERCARE TAKES APPROXIMATELY 2 MONTHS TO COMPLETELY HEAL. SOME MAY TAKE LONGER. DURING THIS PERIOD OF TIME, THICK FLUID RESEMBLING PUS WILL DRAIN FROM THE WOUND. THIS SHOULD NOT BE MISTAKEN FOR INFECTION.**
- 5. IF THERE IS PERSISTENT THROBBING, PULSATING PAIN ACCOMPANIED BY REDNESS OR SWELLING, OR ANY OTHER PROBLEM COVERED BY THESE INSTRUCTIONS, CALL US IMMEDIATELY.**
- 6. THIS PROCEDURE WAS PERFORMED TO ELIMINATE PAIN AND/OR INFECTION. WHEN COMPLETELY HEALED THE NAIL AREA WILL BE COVERED BY A NEW PROTECTIVE SKIN, WHICH MAY BE NICER LOOKING THAN THE ORIGINAL NAIL.**

Emergency Number- 917-514-6701