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## **NAIL MATRIXECTOMY - POST PROCEDURE CARE**

### **SUPPLIES**

1. Hydrogen Peroxide
2. 1-inch Band Aids
3. Q-Tips
4. Antibiotic Ointment\* (Neosporin or Triple Antibiotic)
5. Pain Management OTC Medication
  - a. Advil (Ibuprofen)
  - b. Aleve (Naproxen)
  - c. Tylenol (Acetaminophen)
6. Epsom Salt

### **INSTRUCTION**

1. Keep the procedure site and the bandage dry, stable and intact for 24 Hours a day. To remove the dressing, soak it in Salt water to make it easier to release from the toe.
2. Soak feet on the **SECOND** day by adding 2 table spoons Epsom Salt to 1 quart of warm water. Soak it for 10-20 minutes.
3. Remove the bandage and clean the sides of the nail border with Hydrogen Peroxide using the Q-Tips.
4. Dry the toe. Apply Antibiotic ointment\* & then apply the band aid lightly over the area.
5. Repeat steps #2, #3 & #4 daily for **TWO** weeks.
6. It is normal for the wound to drain a **CLEAR** liquid for a few days. **DO NOT** worry if you see a little drainage from the wound.
7. For pain management, please take over the counter Advil, Aleve, Tylenol or medication prescribed by the doctor as directed.
8. If there is **REDNESS** coming from the toe towards the foot or **RED STREAKS** past the knuckle area of the toe, please contact the doctor's office

\* Patients with allergies to Neosporin may use Bacitracin or Polysporin instead