

## Ingrown Toenail / Toenail Removal Recovery

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- Keep foot elevated for 24 hours.
- Remove large bulky dressing 48 hours after the procedure. Apply bandage / gauze with Polysporin daily.
- If toe bleeds through bandage, remove bandage and apply pressure for 15 minutes and then re-bandage.
- Follow up with your doctor in two weeks for suture removal.
- Following your minor procedure, it is normal to have a small amount of bleeding from the incision site for the first few days.
- You may notice a tingling sensation, or sensation returning to the borders of the surgical site as the anesthesia wears off. It is advised that **you take a dose of pain medication before the local anesthetic has worn off entirely.**
- You may have received a prescription for pain medication. If not, take **Tylenol extra strength every four** hours as needed. **DO NOT** take more than 4000 mg of Tylenol/acetaminophen in 24 hours.
- To minimize bruising and swelling keep the surgical site elevated above the level of the chest for the first three days. If surgery was on the face or scalp, sleeping with your head elevated on two or three pillows is helpful.
- **DO NOT** apply ice to the incision.
- Keep the incision **dry for 48 hours.**
- If you have Steri-Strips covering your incision, **DO NOT remove** them. They will fall off on their own or will be removed by your doctor during your postoperative visit.
- **DO NOT bathe or go swimming** for 48 hours after your procedure.
- Apply Polysporin ointment (not cream) to the incision **daily for five days.**
- Cover the wound with a bandage after showering. If the incision is on the face a bandage is not required.
- If you take an anticoagulant or antiplatelet medication/ **bloodthinner** you can take it normally starting **tomorrow.**
- Avoid **heavy lifting** and **intense physical activity** for **10 days** to decrease pulling on your stitches. Starting the **day of your surgery** you should **walk** around a **few minutes every hour** during the day to minimize the rare risk of developing a blood clot in your legs or lungs.
- **Please call Dr. Green's office for follow up appointment at 519-623-1114.**
- Please call 519-623-1114 if you experience one or more of the following:
  - Persistent bleeding from the incision line that is difficult to control with light direct pressure.
  - Fever or increased redness along the incision line.
  - A foul odour and/or thick yellow or green discharge from the incision.
  - Severe or increased pain not relieved by pain medication.
  - If **after hours** or on a **weekend or holiday** please go to the **Cambridge Memorial Hospital emergency department.**