



University of Michigan
Comprehensive Diabetes Center

Post Operative Instructions Following a Corrective Permanent Ingrown Nail Removal Procedure

1. Do not remove or get bandage wet for a least the first 4 hours.
2. Use two tablespoons of Epsom Salt to 1 gallon of lukewarm water or two tablespoons of dish detergent in 1 gallon of lukewarm water
3. Soak the toe in warm water mixture for 5-10 minutes once a day.
4. Gently rub all debris from nail edges/bed with wash cloth or Q-tip®.
5. Pat dry.
6. Apply a very thin layer of Vaseline® or antibiotic ointment to the toe and a Band-Aid®.
7. Be sure at all times there is no pressure on the affected area.
8. It is okay to let the toe air dry at night.
9. Take Tylenol® or Motrin® for pain as needed.

Continue to soak area until your next podiatry clinic visit.

Report any increase in pain, swelling, redness or drainage.
Call 734-647-5871

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