



Instructions After a Corrective Permanent Ingrown Nail Removal Procedure

1. Do not remove or get bandage wet for at least the first 24 hours.
2. Soak the toe in warm water mixture for 3-5 minutes once a day using either:
 - a. 2 tablespoons of Epsom Salt with 1 gallon of lukewarm water or
 - b. ½ cup of white vinegar with ½ gallon warm water.
3. Gently rub all debris from nail edges/bed with wash cloth or Q-tip®.
4. Pat dry.
5. For a dressing you can use one of the following:
 - a. Apply light nonstick Band-Aid® or,
 - b. Apply a very thin layer of Vaseline® or antibiotic ointment to the toe and a Band-Aid®.
6. Be sure at all times there is no pressure on the affected area.
7. It is okay to let the toe air dry at night.
8. 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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