

# Post-Operative Instructions – Toenail Avulsion

## Procedure

A portion or the entire toenail was removed. The nail root was not destroyed, and the nail is expected to grow back.

## What to Expect

Mild to moderate pain for 24–48 hours and light drainage for 3–7 days. Redness and tenderness are normal early on.

## Wound Care

Keep the dressing clean and dry for 24 hours. Starting the next day, soak once daily in warm water with Epsom salt for 10–15 minutes, dry well, apply antibiotic ointment, and cover with a Band-Aid or light bandage for 5–7 days.

## Activity & Footwear

You may walk immediately. Wear open or loose shoes until comfortable. Resume normal activity as tolerated.

## Nail Regrowth

The nail will grow back. New nail growth may appear irregular at first. Full toenail regrowth may take 6–12 months.

NORMAL – EXPECT THIS	CALL OUR OFFICE IF YOU NOTICE
<ul style="list-style-type: none"><li>• Mild redness and soreness</li><li>• Light clear or bloody drainage</li><li>• Tenderness with pressure</li><li>• Nail bed sensitivity</li></ul>	<ul style="list-style-type: none"><li>• Increasing redness spreading beyond the toe</li><li>• Worsening pain after several days</li><li>• Thick pus or foul-smelling drainage</li><li>• Fever or chills</li></ul>

Office Phone: \_\_\_\_\_ After-Hours/Emergency: \_\_\_\_\_