

Post-Operative Instructions – Toenail Matrixectomy

Procedure

A portion or the entire nail root was treated so the nail should not grow back in the treated area.

What to Expect

Mild to moderate pain for 24–48 hours. Drainage for 1–3 weeks is normal. Redness around the nail border is expected.

Wound Care

Keep the dressing clean and dry for 24 hours. Starting the next day, soak once or twice daily in warm water with Epsom salt (or vinegar if instructed) for 10–15 minutes, dry well, apply antibiotic ointment, and cover with a Band-Aid or light bandage until drainage stops.

Activity & Footwear

Walk as tolerated. Avoid running, high-impact activity, and tight shoes until drainage and tenderness improve.

Healing

Initial healing occurs in 2–3 weeks. Full healing may take 4–6 weeks.

NORMAL – EXPECT THIS	CALL OUR OFFICE IF YOU NOTICE
<ul style="list-style-type: none">• Redness at the nail border• Clear, bloody, or yellow drainage• Mild swelling and tenderness	<ul style="list-style-type: none">• Spreading redness or warmth• Increasing pain after several days• Thick pus or foul odor• Fever or chills

Office Phone: _____ After-Hours/Emergency: _____