

AFTER AN INGROWN TOENAIL OPERATION

The following information will assist you with the follow up care required after your operation.

Dressings

- Keep your toe dressing dry for two days.
- Before you have a shower or bath, put a plastic bag over your foot to prevent the dressing becoming wet. On the third day, soak the dressing off in warm salty water.
- Do not put another dressing; your toe can be left uncovered.
- Soak your toe daily in warm salty water until healed.

Pain relief

- You may have pain. Take regular pain relief as advised by your surgeon

Restrictions


- When sitting down rest your foot on a chair or foot stool
- When you are in bed, raise your foot with a pillow
- When moving around, take care not to bump the toe

Your follow up appointment

Your follow up appointment is:

- Outpatient Clinic _____
- Please make a follow up appointment with your GP in one week

If you have any concerns or questions, please contact your GP or ring the hospital on 02 6244 2222 and ask for the Emergency Department

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