

I had a Partial Nail Avulsion for an Ingrown Toenail. Now what?

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If you had the procedure today, expect that you may have bleeding through the bandages. If the bleeding is excessive, start your dressing changes earlier. See below for bandaging techniques. The local anesthetic can last for as little as 3 hours and as long as 6 hours. I usually recommend for you to take Tylenol or Motrin for pain control prior to experiencing pain, so taking a Tylenol or equivalent at hour #3 will be sufficient. A follow up visit 7 – 10 days after the procedure is recommended.

Remember, the partial nail avulsion did not get rid of the infection; it only got rid of the cause of the infection. The soaking instructions (listed below) and in some cases antibiotics will be the primary form of cure. It may take up to 2 – 4 weeks for the toe to return back to “normal” depending on the extent of the infection on your initial presentation.

Soaking instructions:

Soak your toe in salt water 2 x per day for approximately 10-15 minutes. 6-8 tablespoons of table salt in a gallon of water. Epsom salt is an appropriate substitute. Do this for at least 1 week, but I will let you know when you can discontinue this form of treatment.

Bandaging techniques:

I recommend that you buy sterile gauze at the drug store. 2x2 gauze will be sufficient. Try not to handle the gauze too much by only holding the corners of the gauze. Apply a small amount of topical antibiotic to the wound and cover with the gauze. Lightly apply paper tape or Coban (non stick wrap) to hold the dressing onto the toe.

** Band-Aids are NOT appropriate since they seem to macerate the wound. Only use gauze.

What if:

I have pain:

- Take the maximum amount of recommended Tylenol or Motrin for your age/weight.
- Loosen you bandages.
- Start salt soaks.
- Elevate your foot.
- If all else fails call us or go to the emergency room.

The surgical site continues to bleed:

**Expect bleeding through the bandages.

- Start your salt soaks and rebandage.

- Elevate your foot above the level of your heart.
- Place compression on your toe with your hand or Coban.
- If all else fails call us or go to the emergency room.

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