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**INSTRUCTIONS FOLLOWING INGROWN TOENAIL
PROCEDURES**

1. Keep your bandage dry and intact for the first 24 hours after the procedure
2. Remove the bandage after 24 hours and begin your first soaking.
3. Soak your foot in warm, soapy water or dilute epsom salt water for 20-30 minutes once daily.
4. Dry your foot and apply a small amount of the Silver hydrogel (included in the bag) to the area with a Q-tip.
5. Cover your toe with the enclosed gauze.
6. Repeat the soaking, gel application and gauze daily until no drainage is present. This may require 2-3 weeks for the drainage to subside.
7. Make a follow-up appointment for three weeks.
8. There are no bathing restrictions after the procedure – shower as you normally would do.
9. You may resume your normal activity tomorrow as tolerated, including exercise. Band aids can be used over the toe during exercise.
10. If you have any questions or problems, please call the office.