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## ***I had a Partial Nail Avulsion for an Ingrown Toenail. Now What?***

If you had the procedure today, expect that you may have bleeding through the bandages. If the bleeding is excessive, change your bandages earlier. See below for bandaging techniques. The local anesthetic can last for as little as 3 hours or as long as 6 hours. I usually recommend taking 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 two times per day for approximately 10-15 minutes. Use 6-8 tablespoons of table salt in a gallon of water. You can substitute with Epsom salt. Do this for at least 1 week. I will let you know when you can discontinue this treatment.

### **Bandaging techniques:**

I recommend buying 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. Only use gauze.**

### **What if:**

#### **1. I have pain:**

- Take the maximum recommended Tylenol or Motrin for your age/weight.
- Loosen your bandages.
- Start salt soaks.
- Elevate your foot.
- If all else fails, call us or go to an Urgent Care Center or Emergency Room.

#### **2. The surgical site continues to bleed:**

**\*\*Expect bleeding through the bandages.**

- Start salt soaks and re-bandage.
- 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 an Urgent Care Center or Emergency Room.