

# **PHOENIX FOOT & ANKLE ASSOCIATES, PC**

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## **POST-OPERATIVE NAIL SOAKING INSTRUCTIONS**

1. Remove bandages tomorrow morning, get the bandage wet prior to removal
2. Soak toes in warm water for 5 to 10 minutes
3. Clean nailbed with a soft bristle toothbrush or a Q-tip, make sure you scrub the area thoroughly
4. Apply band aid with a small amount antibiotic ointment to the area
5. Do this three times daily until your next appointment

If you cannot do three soakings daily, you can use hydrogen peroxide in place of the missing soak - pour hydrogen peroxide directly over the area.

The cleaner you keep the area, the chances of proper nail growth increases and the chances of infection decrease. The key is to really scrub your nailbed and keep it as clean as possible.

If you have any questions or concerns, please call the office.