

# MARKHAM PODIATRY

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## FOOT CARE CLINIC

### Post-Operative Instructions for Nail Procedures

1. keep dressing clean, dry and intact for 48 hours, do not change
2. after 48 hours, clean in warm soapy water
3. during day apply bandage with polysporin
4. during the night do a 10-15 minute soak with warm water and Epsom salts.
5. At night, do not cover, only apply a small amount of Neosporin
6. Repeat steps 3-5 until your first follow-up visit
7. Finish full antibiotic course

If there is any pain, take Tylenol as directed. Do not take Aspirin or Advil/Aleve.

Call our office if there is any issues with your healing.