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## Soaking Instructions for Ingrown Toenail Surgery

1. Go directly home and limit activity as instructed.
2. Begin soaks tomorrow and soak twice a day for 14 days.  
Soaks will consist of:
  - A: 2 tablespoons of Epsom salt in 1 gallon of COOL tap water.  
Do not use HOT water! Hot water will cause more swelling and subsequently more pain.
  - B: Add a small amount of Povidine Iodine 10% solution or Betadine to the water just enough to change the color of the water. (approximately 2 teaspoons).
  - C: Soak 20-30 minutes and let air dry for 15 minutes.
3. Apply a small amount of antibiotic ointment, i.e.: Neosporin, Triple Antibiotic, or Bacitracin, and fresh band aids.
4. If you experience any discomfort, elevate the foot above the level of your hip and take 2 Extra Strength Tylenol or Advil. Make sure the band aids are not too tight.
5. CAUTION! If you had a permanent procedure, the surgical site may look infected for the first 2 weeks. This is a normal reaction to the chemical burn that is created during the procedure. If you have a temporary removal, the area should look much better in 4 to 5 days.

**NOTE:** At the pharmacy you will need:  
Epsom Salt  
Betadine (generic; Povidine Iodine 10%)  
Antibiotic Cream or ointment  
Band Aids

**If you have any Questions call 489-4343**

Patient Signature: \_\_\_\_\_

Witnessed by: \_\_\_\_\_