

PRE-NAIL AVULSION INSTRUCTIONS

1. SOAK FOOT FOR 5 MINUTES TWICE A DAY IN WARM WATER AND DREFT SOAP.
2. LET YOUR FOOT AIR DRY.
3. COVER THE NAIL WITH TRIPLE ANIBIOTIC OINTMENT AND A BAND-AID WHEN WEARING SOCKS.
4. TAKE TYLENOL AS NEEDED FOR PAIN.

POST-NAIL AVULSION INSTRUCTIONS

1. KEEP BANDAGE ON AND DRY FOR THE FIRST 12 – 24 HOURS OR UNTIL THE NEXT MORNING.
2. SOAK FOR 5 MINUTES TWICE A DAY IN WARM WATER AND EPSOM SALT.
3. LET AIR DRY.
4. COVER TOE WITH PRESCRIBED MEDICATION AND A BAND AID WHEN WEARING SOCKS.
5. TAKE TYLENOL AS NEEDED FOR PAIN, REMOVE DRESSING IF PAINFUL AND APPLY A BAND-AID.
6. CALL OFFICE IF PAIN IS PERSISTENT OR A PROBLEM DEVELOPS.