

For best results, please follow these guidelines after your in-office procedure. Should you develop any reaction or have any questions, please call the office at 706.999.9994.

Ingrown Toenail | Complete Toenail Removal:

- **Pain:**
Your toe was anesthetized with a local anesthetic. The numbing effects of this will subside over the course of the next few hours. If necessary, take 200-400mg of Ibuprofen every 8 hours and ice the toe (up to 15 minutes) for pain relief.
- **Bandage:**
Leave your bandage on until tomorrow morning. At this point it is ok to remove the bandage and clean the toe during your regular shower. Following the shower, use the Hibiclens solution to clean the toe. Then apply a small amount of the supplied cream to the toe and a light bandage or band aid. It is not uncommon for the toe to drain a clear fluid for the first couple of days and in some cases, the skin may blister.
- **Shoes:**
You may wear whichever shoes or sandals are most comfortable. In general, a shoe with a wide or loose fitting toe box will feel the best for the first few days.
- **Healing:**
Clean the toe daily as described above, and note, the sooner you allow the toe to “air out”, the faster the wound typically heals. If your toe begins to turn white and the wound is not healing after the first 4 days, you are more than likely applying too much cream and you need to allow the wound to dry. Common side effects from too much moisture to the wound can lead to prolonged redness, drainage, and pain. All toenails should be checked within 2 weeks, to make sure they healing appropriately.

Plantar Wart | Soft Tissue Mass Removal:

- **Pain:**
Your toe was anesthetized with a local anesthetic. The numbing effects of this will subside over the course of the next few hours. If necessary, take 200-400mg of Ibuprofen every 8 hours and ice the toe (up to 15 minutes) for pain relief.
- **Bandage:**
Leave your bandage on until the third day. At this point it is ok to remove the bandage and clean your foot in your regular shower. Following your shower, use the Hibiclens solution to clean the wound(s). Apply a small amount of the supplied cream to the wound(s) and a light bandage or band aid.
- **Shoes:**
You may wear whichever shoes or sandals are most comfortable. If you are having difficulty with weight-bearing, call the office and ask about padding / surgical shoes.
- **Healing:**
It is not uncommon for the wound(s) to drain a clear fluid for the first couple of days and in some cases, the skin may blister. Clean the wound(s) daily as described above and note that the sooner you allow them to “air out”, the faster the wound(s) typically heal. If the surrounding tissue begins to turn white and the wound(s) are not healing after the first 5 days, you are more than likely applying too much cream and the wound(s) needs to dry out. This can lead to prolonged redness, drainage, and pain.