

INSTRUCTIONS POST REMOVAL OF INGROWN TOENAIL

- 1. TAKE THE COBAN WRAP OFF OF YOUR TOE 45 MINUTES TO AN HOUR AFTER YOUR PROCEDURE IS DONE, LEAVE THE BANDAID ON.**
- 2. IF YOU HAVE HAD A CHEMICAL PROCEDURE:**THE NIGHT OF PROCEDURE (REMOVE YOUR BANDAGE) AND SOAK YOUR FOOT/TOE FOR 30MIN, PAT DRY WITH GAUZE AND APPLY OINTMENT (NEOSPORIN, BACITRACIN, TRIPLE ANTIBIOTIC, OR OTHER PRESCRIBED BY THE DOCTOR.) COVER WITH BANDAID.
 - REPEAT THE ABOVE INSTRUCTIONS **TWICE A DAY FOR THE FIRST WEEK, ONCE A DAY FOR THE SECOND WEEK.** CONTINUE UNTIL YOU ARE SEEN BY THE DOCTOR
- 3. IF YOU DID NOT HAVE A CHEMICAL PROCEDURE,** YOU WILL SOAK YOUR TOE FOR 30 MINUTES **ONCE A DAY FOR 10 DAYS,** PAT DRY AND APPLY ANTIBIOTIC OINTMENT AND A BANDAID, AFTER THE 1ST WEEK YOU MAY LEAVE OPEN TO AIR AT NIGHT, KEEP COVERED DURING THE DAY.

*******PLEASE DO NOT USE HYDROGEN PEROXIDE*******

----SOAKS----

YOU MAY SOAK YOUR FOOT IN DOMEBORO SOLUTION (AVAILABLE AS PACKETS OR TABLETS IN PHARMACIES, FOLLOW INSTRUCTIONS ON PACKAGE)

-OR-

USE TWO TABLESPOONS OF EPSOM SALT/TABLE SALT IN 1-2 QUARTS OF LUKEWARM WATER. (NOT HOT)