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## SOAKING INSTRUCTIONS

**\*\* It is important that you rest and elevate your feet as much as possible for the remainder of the day. \*\***

1. **Tomorrow morning** – Remove the dressing and make a salt-water solution consisting of approximately one (1) tablespoon of table salt to one (1) quart of warm water. Soak your foot for a minimum of 15-20 minutes twice a day. It is important to keep the area clean. You may use Epsom salt.
2. Redress in the following manner: First apply the Amerigel ointment or a topical antibiotic ointment or cream (such as Neosporin) to the wound. Then apply a small piece of gauze held on by a Band-Aid or small piece of tape. Prolonged, increased and / or unusual pain, swelling or redness should be brought to our immediate attention or to emergency medical personnel.
3. If you use the Amerigel ointment, you may discontinue the soaking after the 2<sup>nd</sup> or 3<sup>rd</sup> day. Continue the Amerigel and Band-Aid until the drainage has stopped. If you are using Neosporin, you should continue to soak the affected area daily until it is comfortable and has stopped draining. Some drainage and mild redness is normal after nail and wart surgery. This may last for a few weeks, but the toe or foot should feel much more comfortable in a few days. Prolonged redness, especially associated with lingering pain or swelling, should be brought to our attention.
4. Return to see the doctor for your follow-up appointment. Failure to follow instructions can increase the risk of infection and complications

**Do not hesitate to call the office if you have any questions or problems.**

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