

Ingrown Toenail Post-Procedure Wound Care Instructions

- Keep foot elevated as much as possible today.
- Leave the original dressing in place until tomorrow morning, and keep it clean and dry.
 - It is normal to see some blood on the dressing. If the dressing becomes completely soaked, you may add additional dressings over the one in place and call the Urgent Care Advice Nurse at **642-9251**.
- The morning following the procedure, remove the dressing and soak your toe in plain warm water for 20-30 minutes; dry the toe afterwards, then apply a small amount of zinc oxide ointment and a bandage. Continue to wear a bandage and zinc oxide as long as there is any soreness or drainage from the toe.
- You may notice a small amount of pink to clear yellow fluid draining from the wound for about ten days, which is normal. The redness should gradually go away. If there is increasing redness, pain, swelling, drainage or fever, call the Urgent Care Advice Nurse at **642-9251**.
- It is advisable not to take part in sports activities for one week. Do not submerge your foot in water until the toe is completely healed. Taking a shower is fine.
- Pain maybe managed by taking ibuprofen, naproxen, or acetaminophen (all over the counter) as directed (if no allergy). Pain should also improve by elevating the foot.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call **510-642-2000** Clinic Nurse **510-643-7197** for advice