

## **INSTRUCTIONS AFTER INGROWN TOENAIL PROCEDURE**

### **DAY 1**

- Keep the dressing clean, dry, and intact.

### **DAYS 2-4**

- Soak once per day in warm water and a tablespoon of Epsom salt
- Apply band aid with bacitracin ointment or Neosporin ointment
- You may take Aleve or similar NSAID (Advil, Ibuprofen, or Motrin) for pain or discomfort

### **DAYS 4-14**

- Discontinue soaking
- Discontinue band aid and allow the area to air dry
- Expect surrounding redness and clear straw-colored drainage from the area