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Ankle and Foot Surgery
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POST-OPERATIVE INGROWN TOENAIL SURGERY INSTRUCTIONS

Day of Procedure:

- Stay off your feet the first 4 hours to keep bleeding at a minimum
- Elevate your foot when possible
- You can wear any shoe, sandal, or open-toe footwear that **does not** squeeze, constrict, or put pressure on your procedure site.
- Your procedure site may remain numb for up to 4-6 hours after you leave our clinic. When the lidocaine wears off, you might feel discomfort; this discomfort is normal and could last up to a few weeks.
- Use Tylenol or Motrin **as soon as you get home** to get ahead of the discomfort. Follow the instructions on the labels, or text our office if you require assistance.
- If an oral antibiotic was prescribed, pick up your prescription and begin taking it **today**. **If a topical antibiotic ointment was prescribed, you will begin using it at the time of your first dressing change.**
- Do **not** wet the procedure site (shower boots are available for purchase in office, on Amazon, or at your local pharmacy). Bath and shower water will infect your wound. Bathe and shower with the procedure site protected.
- Slight **bleeding**, discoloration, and drainage is normal for up to six weeks. If the bandage becomes saturated or wet with **any** fluid, remove the bandage, add either Amerigel or Mupirocin ointment to the wound, and rewrap.
- Please keep it wrapped unless otherwise instructed. The healing process is staged. Dr. Lang will advise you throughout the healing process. It is important for you to keep your follow-up appointments.

Protecting Your Gut Health During Antibiotic Therapy

Antibiotic use can affect your gut biome for many months. To minimize this impact, it's essential to use a sufficient probiotic during and after antibiotic therapy.

Dr. Edward Lang's Recommended Probiotics:

1. **Seed DS-01 Daily Symbiotic:** 53.6 billion AFU, contains probiotic and prebiotic. Available online.
2. **Renew Life Ultimate Flora Ultimate Care Probiotic:** 150 billion live cultures, 40 strains. Available at CVS, Target, Walmart, and renewlife.com
3. **Solaray MycrobioMe Probiotic Urgent Care:** 100 billion live cultures, 24 strains. Available at Whole Foods (refrigerated section).

Additional Gut Health Support:

- Consume fermented foods like kimchi, sauerkraut, and other probiotic-rich foods.
- Consider taking vitamins A, B1, B2, B6, B12, C, D, E, and K, as they:
 - Enhance antibiotic effectiveness
 - Support optimal health and gut health

Changing the Dressing: The Morning of the Third Day

Ex: Ingrown nail is removed on Monday: Begin changing dressing on Wednesday

Beginning the morning of the third day, the dressing should be changed **twice daily**; once in the AM and once in the PM. Continue daily dressing changes until you return to the clinic in 2 weeks.

Dressing Change Directions:

- **Step 1:** Remove the dressing and the gauze. If the gauze is stuck to the wound go to Step 2. The wound wash should loosen the gauze.
- **Step 2** Use wound wash to flush the site. Gently blot the surgical site dry. Mild stinging is normal. **Never use alcohol or peroxide on the wound.**
- **Step 3:** Squeeze a line of antibacterial ointment onto the wound. Place a suitably sized piece of gauze to fit directly over the entire surgical site.
- **Step 4:** Using Co-flex cling, wrap the entire toe exactly like it was wrapped after your procedure. When wrapping the toe, apply the bandage but be careful not to wrap it too tightly. It should not feel tight, constricting or uncomfortable.

Text us at 504-897-3627 if you have any questions or concerns.
Dr. Lang and his team monitor the text 7 days per week 7am-9pm.
We are here when you need us.