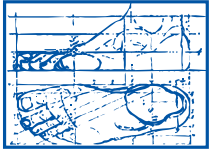


helpful brochures



**ALEXANDRIA
PODIATRY
ASSOCIATES**

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INGROWN NAIL CARE INSTRUCTION AFTER SURGERY

1. Fortunately, because of the surgical method used, you should have minimal discomfort after the anesthesia wears off. If given a prescription, follow the instructions on the label.
2. A small amount of blood is to be expected. Do not be concerned if you notice a small amount of blood on the bandage.
3. Try to keep off your feet as much as possible today. When sitting, prop your foot about six inches above the level of your body.
4. Prepare a solution of warm water and a tablespoon of Epsom salt in a small pan (enough to cover the area worked on).
5. Soak the affected area for 15 minutes, 2-3 times a day unless instructed otherwise.
6. If any unusual situations arise, call the office at 703-379-0700 even if it is after hours.