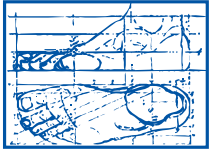


post-op care



**ALEXANDRIA
PODIATRY
ASSOCIATES**

Dr. Jeffrey S. Coster
Dr. Kenneth R. Wilhelm
Dr. Jeffrey L. Graziano
Dr. Joonhyun Yoon
703-379-0700 (office)

POST-OP FOR A MINOR CORRECTIVE PROCEDURE INGROWN TOENAILS

Procedure for ingrown toenails

Fortunately, because of the surgical method used, you should have complete comfort after the anesthesia wears off. If given a prescription, follow the instructions on the label.

A small amount of blood is to be expected. Do not be concerned if you notice a small amount of blood on the bandage.

Try to keep off your feet as much as possible today. When sitting prop up your foot about six inches above the level of your body.

Prepare a solution of warm water and a tablespoon of Epsom salt in a small pan (enough to cover the area worked on).

Soak the affected area for fifteen (15) minutes, three (3) times a day unless instructed otherwise.

If any unusual situations arise, call the office, even if it is after hours.