

Joshua M. Kaye, D.P.M.

8540 Sepulveda Blvd., #106

Los Angeles, CA 90045

310.641.3555

www.joshuakaye.com

INSTRUCTIONS AFTER TOENAIL TREATMENT

You will need the following materials:

1. bottle of hydrogen peroxide
2. bottle of Betadine solution (or generic)
3. basin of warm (not hot) water
4. 3x3 inch gauze squares
5. roll of 1" adhesive tape
6. soft brush, such as a toothbrush
7. Telfa Pads (very important)

With the exception of the peroxide, the above materials are available in a pack from the office.

1. After the procedure, it is normal to see some bleeding through the bandage. The bandage should remain on the toe(s). The bandage may be reinforced with additional gauze.
2. Medications such as aspirin, Tylenol, Advil (Ibuprofen) or Aleve may be taken as needed. Stronger medication is rarely necessary. An ice pack may be applied over the toe if needed.
3. The morning following the day of surgery, cut the bottom of the toe dressing, or unravel the entire dressing. If the bandage sticks uncomfortably to the toe, soak the entire dressing in a basin containing warm water and hydrogen peroxide for about 10 minutes.
4. Once the dressing has been removed, soak the foot (or feet) in a basin containing warm water and 2 tablespoons of Betadine for approximately 20 minutes.
5. If the entire toenail has been removed, skip step #6 below, and ONLY soak the treated toe.
6. If only the corner(s) of toenail(s) have been removed, do this step. While the foot is soaking in the water, using a soft clean toothbrush or gauze, brush the toenail groove in the direction from the base of the toe towards the tip of the toe. It is expected for the area to bleed slightly in the soaking water.
7. The hydrogen peroxide and 3x3 gauze may be used to clean any blood from the toe or from the nail grooves.
8. Apply a clean dressing the toenail area(s) in the following sequence: a few drops of full strength Betadine, a half-piece of Telfa pad, 3x3 gauze and 1" tape or elastic bandage. In order to avoid the bandage from sticking to the treated area of the toe, it is important to use the Telfa pad against the skin.

9. Repeat the above process once or twice a day for about five days or until the toenail area remains dry between dressing changes.