

# Shoreline Foot and Ankle Center

New London (860)437-3737 - Westbrook (860)339-5107

## POST OPERATIVE NAIL CARE INSTRUCTIONS

- Remove the dressing the same evening as the procedure.
- Soak your foot in a lukewarm salt water solution for 10 to 15 minutes. *(The solution is made with 2 tablespoons of regular salt or Epsom Salt per 3 quarts of warm water, with 2 tablespoons of white vinegar).*
- Clean the operative site of any debris.
- Apply Cortisporin Otic Solution to the site.
- Cover the area with a clean dressing or Band-Aid.
- Repeat the above steps daily until otherwise directed by the doctor.

**All that is necessary for pain is Tylenol, Aspirin or Ibuprofen.** If there is **excessive** bleeding, swelling or pain, please call the office immediately. If the office is closed and you need immediate assistance call Dr. Courtright @ (860)575-6722, Dr. Marshall @ (860)910-8250 or Dr. Claire (774) 239-7323