

After Toenail Removal

**What are your questions?
Please ask. We are here to help you.**

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Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

After Toenail Removal

Pain

- It is normal to have some pain and throbbing when the local anesthetic (freezing) wears off.
- If your surgeon gives you a prescription, fill it at your pharmacy. Follow the directions carefully.
- You will need someone to drive you home if you have had surgery on the foot you use to drive.
- For the first 48 hours (2 days), elevate (raise) your foot whenever you are sitting. Elevate your foot above your heart whenever you are lying down. This will help lower pain, swelling, and bleeding.
- **If bleeding shows through the bandage during the next 24 hours (1 day), do not take the bandage off.** Add another bandage on top of the first one. Use your hand to put constant pressure on the bandage for about 15 minutes.

Change the bandage on: _____

To change the bandage:

1. Add 1 teaspoon of salt to 2 cups of warm water to a container that you can soak your foot in.
2. Soak your bandaged foot in the water for at least 30 minutes. This will make the bandage easier to remove.
3. Using a clean towel, pat your foot dry.
4. Put on a dry bandage.
5. Soak your bandaged foot _____ times a day until it is healed. Watch for signs of infection, such as:
 - › Heat
 - › Redness
 - › Chills
 - › Fever
 - › Cloudy yellow or green bad-smelling drainage (pus)

If you have any of these symptoms or you are worried that your toe is not healing, contact your primary health care provider.

Other instructions from your surgeon:
