



DFW Foot and Ankle
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Soaking Instruction for Toenail Removal

- Begin soaking 24 hours after procedure. Keep the foot dry until then.
- Using a clean basin, dilute one tablespoon of Epsom Salt in warm water. The water should **not** be hot, but warm.
- Soak the affected foot twice a day for the first week, then once a day during the second week for about 15 minutes. After soaking, pat the foot dry with a clean towel or gauze.
- Cover the area with a Band-Aid or similar dressing. **After the first day you may begin to use antibiotic cream.**
- If you had a partially permanent or permanent toenail removal, it is very important to leave the toe open to air. This is generally done in the evening. It is also important to keep the toe covered with a Band-Aid when you are wearing shoes as this will help prevent infection.
- Following a partially permanent or permanent toenail removal, you are to continue soaking the foot until all drainage has stopped. This may be up to two or three weeks. Soak twice a day for the first week, then once a day during the second week.

*Please be advised, if you had a permanent or partial removal, it is not unusual to have some increased pain and redness after the procedure. It is normal to have clear drainage and a tinge of blood on the Band-Aid for two to three weeks after the procedure. THIS IS NORMAL *