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*Excellence in Sports Medicine and
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FootAnkleSpecialtyGroup.com

- ❖ Sports Medicine and Reconstructive Surgery of the Foot and Ankle
- ❖ Cosmetic Foot and Ankle Surgery
- ❖ Bunion and Hammertoe Correction
- ❖ Arthritis Prevention and Treatment
- ❖ Total Ankle Replacements
- ❖ Tendon Repair of the Foot and Ankle
- ❖ Treatment of Plantar Fasciitis and Heel Pain
- ❖ Fracture Management of the Foot and Ankle
- ❖ Revision Surgery of the Foot and Ankle
- ❖ Platelet Rich Plasma and Bone Marrow Aspiration Therapy
- ❖ Stem Cell Therapy
- ❖ Diabetic Limb Salvage and Rheumatoid Limb Salvage
- ❖ Peripheral Nerve Surgery and Nerve Compression Syndrome
- ❖ Laser Toe Nail Fungus removal
- ❖ Custom Molded Orthotics

Home Care after your Nail Procedure

1. Please leave your bandage intact for tonight.
2. Tomorrow morning, remove your bandage and soak your foot in lukewarm water and Epsom salts for 10-15 minutes.
3. Dry your foot thoroughly. Apply a minimal amount of topical antibiotic ointment (Neosporin) to the affected area.
4. Cover the area with a Band-Aid. (preferably one that is breathable)

*Repeat this once a day for 5 to 7 days.

*It is normal to have some clear drainage.

*Call (310) 651-2366 if you have any questions or problems such as: continued pain, redness, swelling, and creamy white drainage (pus).