



SHENANDOAH PODIATRY

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1. Elevate the foot as much as possible this afternoon to limit swelling.
2. Leave the bandage on overnight while keeping it clean and dry.
3. After 24 hours, wet bandage with clean water to loosen it, then remove carefully.
4. Soak foot for 15 minutes in lukewarm water and Epsom salts (use 2 tablespoons per quart of warm water). **DO NOT USE HOT WATER.**
5. After you have finished soaking, reapply a new dry dressing by applying antibiotic cream (such as Neosporin) and the Band-Aid.
6. Repeat the soaks twice a day until you are checked back in the office.
7. Redness may occur at the base of the nail. This is most likely due to the medication used. However, if you see any pus or if the redness continues to get larger, contact the office immediately.
8. You may use Tylenol or Advil if needed for discomfort unless otherwise instructed.