



PODIATRY · NAIL PROCEDURE

After Care Instructions

What to expect & how to care for your toe at home

EXPERIENCE · EXCELLENCE · RESULTS



FIRST 24 HOURS Right after your procedure



ELEVATE & REST

Keep your foot elevated for the first 24 hours and limit your activity.



KEEP DRY

Keep dressings dry and intact until your next appointment in 3–5 days.



PAIN RELIEF

Paracetamol can be taken if needed — many experience no pain at all.

A small amount of blood or fluid through the dressing is normal. However, if you experience heavy bleeding that cannot be stopped by raising your foot, please seek medical advice.

WHAT'S NORMAL Discharge & healing reactions

Small amounts of discharge

Small amounts of blood or discharge are normal and an essential part of the healing process. They do not mean the wound has become infected.

Phenol reaction at 2–3 weeks

Because Phenol is used, the toe may become more inflamed with increased discharge 2–3 weeks after surgery. This is a normal chemical reaction and not usually a cause for concern.



CONTACT YOUR PODIATRIST IMMEDIATELY IF YOU NOTICE:

- A sudden increase in temperature
- A sudden increase in pain
- Excessive inflammation around the toe
- Heavy bleeding that does not stop with elevation

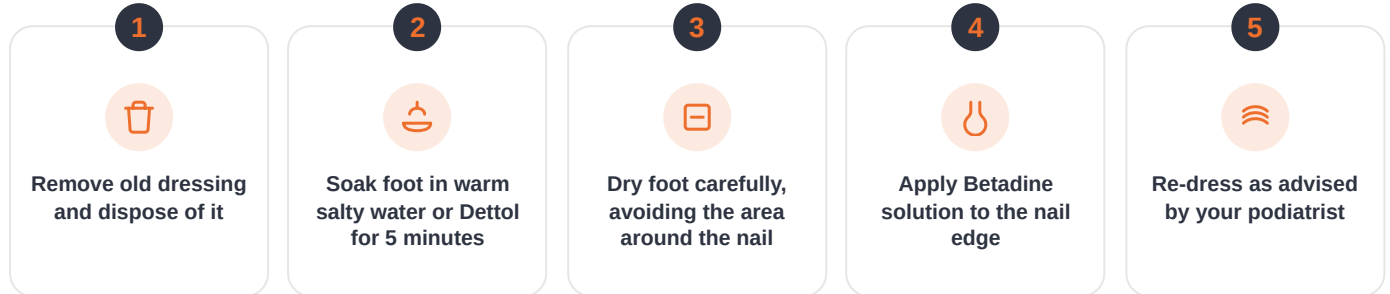
These may indicate the toe has become infected.





DAILY ROUTINE Re-dressing your toe at home

Follow these five steps every day to keep the area clean and support healing. Dressings should be changed daily.



Change your dressings daily. If a dressing gets wet between changes, please contact the clinic for further guidance.

HEALING What to expect over the coming weeks

TYPICAL HEALING TIMELINE

DAYS 1-5	WEEK 1+	WEEKS 2-3	WEEKS 4-6
Keep dressings dry until review appointment	Begin daily home re-dressing routine	Possible mild Phenol reaction — normal	Toe typically fully healed

Continue dressing the toe until it has healed. Avoid strenuous exercise or sport until the nail bed has fully healed.



QUESTIONS OR CONCERNS?

If anything feels different or you're unsure about your healing, please contact the clinic and ask to speak with your podiatrist. We'd rather hear from you early than late.

Daily checklist

- ✓ Soak foot in warm salty water or Dettol
- ✓ Dry carefully, avoid the nail area
- ✓ Apply Betadine to the nail edge
- ✓ Re-dress as advised
- ✓ Keep the area clean and dry

When to call us

- ✗ Sudden increase in temperature
- ✗ Sudden increase in pain
- ✗ Excessive inflammation or swelling
- ✗ Bleeding that won't stop
- ✗ Wet or damaged dressing

