



FAMILY FOOT AND ANKLE CLINIC

SPECIALISTS AND SURGEONS

At Family Foot & Ankle Clinic, we are committed to providing you with the highest quality of care and ensuring you have all the information you need to make informed decisions about your health. If you have any questions or concerns, please don't hesitate to reach out to us. You can contact our office directly at 763-421-7300. Thank you for choosing us for your healthcare needs!

Post-Op Care Instructions for Matrixectomy (Permanent Nail Removal)

- Remember, your toe will be asleep for the next few hours, so avoid any aggressive activities.
- Keep post-procedure dressing intact for 24 hours.
- On post-procedure day 1, remove bandage and begin twice daily foot soaks, as follows:
 - Soak the foot/toe in Epsom Salts and warm (NOT HOT) water for 15 minutes, 2 x a day.
 - Add Epsom Salts to the water until it starts to collect at the bottom.
 - Alternatively, soak the foot in 1 quart warm water mixed with a cap-full of white vinegar.
- After foot soaks, pat the area dry, then apply antibiotic ointment and Band-Aid.
- Continue daily foot soaks for the first two weeks. After the first two weeks, stop the foot soaks and antibiotic ointment use, but keep applying band aid daily until wound is dry to the touch. Can discontinue band aid application at that time as well.
- You may continue your daily activities, however aggressive activities may slow healing or cause reactive tissue to form.
- Tylenol or Ibuprofen should suffice for pain management as needed.
- You will be seen back in clinic 2 weeks following the procedure to make sure the wound is healing appropriately.
- Call the office immediately if the following occur:
 - Excessive bleeding through the bandage
 - Red streaks traveling away from the surgical site
 - Elevated temperature
 - Pain – severe throbbing not reduced with over-the-counter pain medication (Tylenol or Ibuprofen/NSAIDs)