

BEFORE



DR. HENRY H. CHAPESKIE
VANDENBOS PROCEEDURE
INGROWN TOENAIL(S)
Instructions After Surgery



AFTER

GO HOME! Keep the operated foot/feet **ELEVATED** in the car.

AT HOME:

Lay down and elevate the foot/feet by using several pillows so that they are on a level above your heart. This will reduce the bleeding on the first day/night.

FOR PAIN:

Use pain medication **RIGHT AFTER SURGERY** and regularly.



ABOUT 48 HOURS AFTER SURGERY:

Remove the gauze dressing by soaking your foot in **WARM WATER** for **15-20 minutes**. Remember to put **1-2 TSP of Epsom Salt in the water**.

It may bleed a bit - this is **NORMAL** with the first few soaks.

Do your **FIRST SOAK** on: _____

AFTER SOAKING:

Dry your foot/feet and put 2 square pieces of gauze (2x2s) on your toe(s). Secure the gauze snugly in place with 2-3 wraps of the roll gauze. Use tape to hold it in place.

REPEAT the *Soaking and Wrapping Procedure* 3 times each day.

RETURN to the Doctor's Office to monitor healing, usually only once after 2 weeks.

YOUR TOE CHECK IS ON: _____

DO NOT:

Do not put any cream or ointment on the open wound - this will slow down or impair the healing. It is **NORMAL** for your **toe** to look a bit red and the **wound** to look pink and wet – this is part of the healing process. Antibiotics are **NOT** necessary. Elevate the foot for a few hours if redness worsens while walking in the first couple weeks.



Do not play sports, go jogging or walking excessively, etc. until your toe is **COMPLETELY HEALED** - this usually takes 4-6 weeks.

www.ingrowntoenails.ca