

# INSTRUCTIONS FOR SOAKING AFTER TOENAIL REMOVAL

## TONIGHT:

Soak your toe for ten (10) minutes in a mixture of one (1) tablespoon Epsom salt and one (1) quart of warm water with your bandage ON. Afterwards, squeeze the water out of the bandage, but leave it on until tomorrow.

## TOMORROW:

In the morning, soak your toe, with bandage on for ten (10) minutes in the Epsom salt and warm water mixture. After soaking, remove bandage. Apply your antibiotic cream to the nail border(s) and apply a clean Band-Aid.

## AFTER TOMORROW:

Continue soaking your toe once in the morning and once in the evening without the Band-Aid. Gently clean out the groove(s) with a Q-tip, apply antibiotic cream, and apply a fresh Band-Aid. This process will need to be repeated until the healing process is complete. This may take several weeks so, be very patient. As the area begins to dry, you may try leaving your Band-Aid off indoors to speed up the drying process.

*If you have any questions or concerns, do not hesitate to contact your podiatric assistant.*

**Dee, Dr. Spooner's Assistant EXT. 106**  
**Linda, Dr. Rowan's Assistant EXT. 119**  
**Neshia, Dr. Nichols's Assistant EXT. 109**



TALLAHASSEE  
**PODIATRY**  
ASSOCIATES  
FOOT & ANKLE CENTER

Dr. George N. Merritt  
Dr. Russell W. Rowan  
Dr. Bryan A. Spooner  
Dr. Joshua A. Nichols