



Soaking Instructions for Nail Surgery and Plantar Wart Removal

1. Keep your dressing dry for the next 24 hours.
2. Elevate your foot if it throbs.
3. Apply an ice pack if needed.
4. Leave the dressing in place for the next 24 hours. If you notice bleeding through the bandage, elevate your foot and place an ice pack on it. Do not remove the dressing. You may add extra gauze if needed.
5. After 24 hours, remove the dressing and soak your foot in warm soapy water. Use liquid Dial soap or mild antibacterial hand soap. Soak for 20 minutes twice a day, continue to do this for one week or until you see the doctor for your follow up visit. *** If using Amerigel instead of soaking, wash and dry the foot well and apply a thin layer of Amerigel, then cover the area with a Band-Aid. Soaking is not necessary if using Amerigel ointment.**
6. After you have finished soaking, dry the foot off well and apply a thin layer of Neosporin or triple antibiotic ointment and cover the area with a Band-Aid.
7. Soaking your foot, or using Amerigel as instructed, will help assure a faster recovery and help prevent problems. Most problems are the result of not following post-operative instructions.
8. Please call our office at 615-452-8899 or 615-860-8282 if you have any problems or questions. We will be happy to help you.