

2014

After Toenail Removal

After Toenail Removal

- There will be some pain and throbbing when the local anesthetic (freezing) wears off.
- If your doctor gives you a prescription, fill it before you go home. Follow the directions carefully.
- Elevate your foot higher than your heart to help cut down on pain, swelling, and bleeding.
- If bleeding shows through the bandage during the next 24 hours, do not take the bandage off. Add another bandage on top of the first one. With your hand, put constant pressure on the bandage for about 15 minutes.

Change your toe dressing on:

- › Soak the bandage off with warm, salted water (Add 1 teaspoon of salt to 2 cups of water) for at least 30 minutes.
- › Dry your foot with a clean towel.
- › Put on a dry Band-Aid®.

Soak your foot _____ times a day until healed.

Make an appointment to see your doctor on:

If you have any questions, please ask.
We are here to help you.

Looking for more health information?

Contact your local public library for books, videos, magazine articles, and online health information.
For a list of public libraries in Nova Scotia go to www.publiclibraries.ns.ca

*Capital Health promotes a smoke-free and scent-free environment.
Please do not use perfumed products. Thank you!*

Capital Health, Nova Scotia
www.cdha.nshealth.ca

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The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years.