

FOOT CENTERS OF TEXAS
S. Nicholas Desai, D.P.M.
3533 Town Center Blvd South, Suite #200
Sugar Land, Texas 77479
281-240-3338

POST OPERATIVE NAIL SURGERY CARE INSTRUCTIONS

1. Elevate operative extremity site with pillow elevation above the level of your heart.
2. Keep the dressing on the lower extremity clean, dry, and intact.
3. Place an ice pack directly over the affected digit of the operated foot as needed for fifteen to twenty minutes two to three times for the first day.
4. Start soaking your foot in warm water and 2 tablespoons of Epson salts or 2 oz povidone iodine solution (BETADINE) for 20 minutes and thereafter, apply the topical antibiotic cream/ointment ordered by Dr. Desai after each soak. Repeat this procedure twice daily if you notice an increase in drainage from the wound.
5. The first dressing change will be done in the AM of the next day. To ease the removal of the bandaged dressing, allow to change the first dressing via soaking the entire bandage dressing first in the warm water prior to soaks to prevent adherence and minimizing the pain which may ensue upon removal of the dressing.
6. If additional wound supplies are needed, you can purchase and ship the products directly from our online wholesale distributor to your home on our website or proceed to your nearest pharmacy of your choice.
7. If dispensed, it is important to finish the medications to completion as dispensed by Dr. Desai. All post op medication prescriptions are to be filled prior to OR date or to be given prior to discharge from the hospital, surgery center, or office. **DO NOT LEAVE WITHOUT YOUR PRESCRIPTIONS** which are included with the orders.
8. Gradually increase weight bearing as tolerated.
9. It is common for some people to suffer from a slight low grade fever and even nausea/vomitus the night of surgery due to anesthesia and/or the surgical procedure. If this occurs, it is important to record the temperature and call Dr. Desai immediately via the office at 281-240-3338 or 281-499-3338.
10. You are to follow up in the office in 10 days after your procedure. Patient is to call the office for any additional questions upon discharge.

(S. Nicholas Desai, DPM)