



Advanced Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

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POST-OPERATIVE INSTRUCTIONS FOLLOWING TOE NAIL BIOPSIES

CARE OF THE WOUND:

- A procedure has been performed on the toe and nail today. You will have a firm and supportive pressure bandage in place to minimize and absorb any bleeding when you leave the office. **DO NOT** remove this dressing until the following day. If the bandage feels "too tight", painful, or your toe feels cool or looks discolored at the tip, loosen and/or remove the bandage to allow better blood circulation to the healing area.
- You will need to wear shoes that allow space for a bandage and minimize pressure and trauma to the healing area.
- **The First 24-48 Hours:** Leave our pressure bandage in place and elevate your foot to minimize bleeding. After 24 to 48 hours, remove our bandage and soak your foot in warm water with Epsom salts (mix as directed on the box) for 20-30 minutes. Soak your foot in this manner twice a day for the first week. This will clean the area, decrease swelling and remove any dried blood.
- Use a clean gauze to pat your foot and the surgical area dry (do not rub vigorously). Apply Bacitracin and a bandage as directed. It is very important to keep the area covered. This not only minimizes the risk of infection, but improves healing. If the area is allowed to fully "dry-out" and a scab forms, the healing will be slowed and the area may become painful.
- Although we want to prevent scab formation, the area can become too moist! If you notice that your toe and/or the surgical area becomes macerated (all white and wrinkled as if you'd been in the pool too long), then you need to allow it to "air out" for an hour or two in the evening.
- Toenails heal not only from the cuticle (base of the toe) forward, but also from the toenail bed up. A firm fill will gradually develop which will become harder and protective, smooth new skin will cover the raw red-looking areas. After this occurs, you may stop bandaging the area (approximately 3-4 weeks). It may take 6-12 months for the toenail to grow all the way out. We do not recommend pedicures during this period at all.

FOLLOW UP CARE:

- Return to our office in _____ days for follow up care.
- Have a complete skin check in 6 months from your surgery/biopsy date, and every 6 months after that for 2 years.

WHEN TO CALL THE DOCTOR:

- If you have bright red bleeding from your wound that does not stop after applying gentle, direct pressure for 20 continuous minutes.
- If a large, swollen, purple area is noted around the surgery site forms.
- If severe inflammation (redness, tenderness, swelling or warmth) or red streaks near the wound occur, or if you develop a fever.

IF you have any questions or concerns, Please call our office at 303-368-8611 24 hours a day.