



*Long Lake Podiatrist, P.C.*

DR. DAVID H. BERLIN  
MEDICAL SURGICAL FOOT SPECIALIST

2914 E. LONG LAKE RD.  
TROY, MI 48098  
TEL: (248) 528-0709  
FAX: (248) 528-1807

### POST OP NAIL INSTRUCTIONS

1. Fortunately, because of the surgical method used you should have nearly complete comfort after the anesthesia wears off. If you have been given a prescription, have it filled and follow the directions on the label.
2. Leave the dressing intact and dry for the first 24 hours then remove the entire dressing. Expect to see a cosmetically unappealing toe.
3. You should not see any bleeding through the dressing. Some spotting may occur. However, if the dressing gets red with wet blood, contact us immediately.
4. The day after surgery, soak your affected foot twice a day (for approximately 15 minutes each time) in luke warm water mixed with 1 tablespoon of baking soda. Do this for 1 week.
5. Following soaking, apply cream prescribed by the Doctor to the area and cover with band-aid. This is to be done twice a day for one week or until told to discontinue by the Doctor.
6. You may now get the area wet, make sure it stays clean.
7. You should not experience any severe pain postoperatively. If there is any discomfort, you may take Tylenol or aspirin as directed.
8. If you have any problems what so ever, contact us immediately. We have a 24 hour answering service, call 528-0709.