

Fullerton Foot and Ankle Specialists  
DALE M. ROSENBLUM, DPM    ERIC B. NAASZ, DPM

**NAIL AVULSION  
POST-OP INSTRUCTIONS**

1. Leave bandage on tonight.
2. Tomorrow morning remove the bandage and soak the foot for 10-15 minutes in lukewarm to cool water.
3. Dry thoroughly and apply topical antibiotic ointment (Neosporin) to the area.
4. Cover with a band-aid.
5. Continue to do this every day for 5-7 days.
6. Call the office if there are any problems such as: ongoing pain or redness.
7. Limit high impact activities for 2 weeks. i.e. running, basketball, skateboarding, skiing

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