



*David H. Warby DPM*

*Medical and Surgical Treatment of the Foot and Ankle*

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### Ingrown Toenail / Matrixectomy (Permanent) Post-Op Instructions

1. After the anesthesia wears off, the area may throb a little. If there is some minor pain, then take Tylenol or Motrin.
2. Leave the dressing on until the next day.
3. Remove the dressing the following morning.
4. Soak the toe for 15 minutes in warm water with Epsom salt (1 Tablespoon of Epsom salt for each quart of warm water).
5. Dry completely and apply Triple Antibiotic Ointment (generic for Neosporin) and a bandage to the area (band-aid is ok).
6. Repeat this process daily for 2-3 weeks and see Dr. Warby for a follow-up appointment.
7. If Dr. Warby wrote a Rx for you, be sure to take the medicine until it is finished.
8. It takes a few days for changes to occur to the area. Redness and soreness should resolve in a few days. The area where the toenail was removed will be soft for a few weeks. This is normal. If the area fills in with an uncomfortable scab, it is a sign that the daily soaks have not occurred.
9. If you have any questions, give Dr. Warby's office a call.