

Dr. Hugh McGregor
BSc(Hons) MBBS(Hons) PhD FRACS
GENERAL SURGEON &
GASTROINTESTINAL ENDOSCOPIST
Provider 237509VA

Suite 17
Peninsula Specialist Centre
George St.
KIPPA RING QLD, 4020

Telephone 3283 4200
Fax 3284 2739
Mobile 0407 635 733

Wound care instructions: Ingrown toenail removal

Keep your foot elevated in the back seat of the car on your way home, and then elevated for the next 48 hrs. It will be painful when you put you foot down for the fist time the next day this will diminish.

Keep your bandage clean and dry for the next 7 days or until you see the practice nurse.

If you are bleeding apply pressure the wound for 5 minutes and elevate the foot.

You may experience post surgery bleeding – this is normal. DO NOT remove the bandage or dressing and instead place additional dressing over the toe. Contact the room to arrange a dressing change.

Take it easy for the next 2 days.

No swimming or surfing and. avoid dirty or dusty environments until the stitches are removed or dissolve and the wounds are healed.

Your local will wear off after 1-2 hours. The pain should not be significant but if it worries you take Panadol (Paracetamol) or Panadeine (not Ibuprofen i.e. neurofen)

Please advise Dr McGregor immediately if you have fevers, wound discharge or redness around the wounds.

You will see the practice nurse in one week for a dressing review.

I acknowledge that I have read and understood the above and have had an opportunity to discuss this with Dr McGregor.

Signed: _____

Date: _____

Patient Name: _____