

Care after Ingrown Toenail Removal

1. Keep compression dressing on until the next day.
2. The following morning, take the dressing off and soak affected toe in warm water and iodine solution (Betadine). Soak for 20 minutes twice a day for three days. Rinse foot with fresh water. (Be careful, Iodine solution may stain clothing and upholstery).
3. Apply antibiotic ointment twice-daily to affected toe and cover with a Band-Aid.
4. Pain in the toe should be minimal, (it will likely feel much better than the ingrown toenail), and should be easily controlled with Ibuprofen or Tylenol and ice.
5. The new nail should take 1-2 months to grow back.
6. Trim nails straight across to avoid another ingrown toenail.