

AMERIGEL NAIL HOME CARE

General Information: Stay off your feet as much as possible today. You may wear a sandal or open toe footwear that does not squeeze your toe(s). The toe(s) may be numb for up to 6 hours after the procedure. Slight bleeding, discoloration and drainage are **normal**. You may elevate your feet to help alleviate any minor swelling, bleeding and discomfort. You may take Tylenol or Advil or any other over the counter pain relievers as directed on the package.

This nail surgery will heal properly by following these directions:

1. Begin to soak the affected toe(s) that night.
2. Soak for 15-20 minutes twice daily, once in the morning and once at night until your next visit. Add 1-2 Tablespoons Epsom Salt or Table Salt in enough warm water to cover the top of your foot.
3. After soaking, dry area well then apply a small half of pea size amount of **AMERIGEL** to affected area. Cover with a clean band-aid. The tube of **AMERIGEL** is enough to last until you return for your next appointment.

Remember a small amount of drainage and redness is normal for the healing process in this type of surgery. However, if the redness and drainage are out of proportion or become worse, please contact the office.