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## INGROWN TOENAILS/NAIL REMOVAL POSTOPERATIVE INSTRUCTIONS

1. Add three (3) heaping tablespoons of Epsom Salts to enough lukewarm water (about two (2) quarts) to cover feet/foot and mix. Check water temperature with hand first.
2. Soak 20 minutes.
3. Dry feet/foot with clean towel.
4. Apply Band-Aid over surgical site(s).
5. Do this once in the morning and once in the evening for one week. If the toe is still draining, you may continue to soak once daily in week two.
6. Keep Band-Aid off during inactivity to allow air to surgical site(s).