



# DR. ALBERT LI, DPM

Podiatric medicine, surgery and sports medicine

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## Aftercare instructions for an ingrown-toenail procedure

- Keep the dressing clean and dry for the rest of the day and overnight.
- If you have to shower, double wrap your foot with plastic bags.
- Starting from tomorrow, you can take off the dressing, and start soaking your foot in warm water with Epsom salts (Magnesium Sulphate).
- Dissolve 3 teaspoons of Epsom salts in 1 liter of water.
- Frequency of soaking should be at least 3 times a day, 15 mins each time. You should continue with soaking for a minimum of a week, and for as long as you see any discharge draining from the wound.
- You may also use a Q-tip and gently brush on the wound (to avoid any accumulation of scab and dried blood).
- After soaking your foot, take time to dry the wound. You may put a bandage loosely around the wound. Please do not seal the wound.
- The anesthetics should wear off in about 2-3 hours. You may or may not experience pain afterwards. If it is painful you should elevate your foot. If elevation alone does not help, you can take over-the-counter pain killers like Tylenol or Advil.
- If you notice your toe to have redness migrating towards your leg, and have increase of pain and swelling, you have to contact our office immediately or go to the emergency room or walk-in clinic.