

Post-Operative Instruction Sheet - Phenol and Alcohol Matrixectomy

- Do not change the dressing until tomorrow morning. If the dressing bleeds through, add more dressing. It is not unusual to see blood on the bandage. If the dressing feels too tight, you can remove the overlying coban (stretch bandage). The dressing should be soaked thoroughly to facilitate removal.
- Perform Epsom salt soaks in lukewarm water (1 tablespoon of Epsom salts per gallon of water) 2 times per day for 10-15 minutes. Do this for about 2 weeks or until you no longer see any drainage from the toe.
- After soaking, apply a thin layer of an antibiotic ointment to the toe (e.g Bacitracin, Triple Antibiotic, or Neosporin) and cover with a bandaid. After the first few days, you can start removing the bandaid at night to allow the toe to air out.
- Do not allow a scab to form in the nail groove. If necessary, gently lift the scab with a Q-tip after soaking. If the scab is not removed, redness and pain may occur. Thin, clear or straw-colored drainage is normal as part of a phenol and alcohol procedure. However, if you notice thick pus, please contact the office immediately.
- You can shower with a bandaid in place so long as you perform the Epsom salt soak afterwards
- Take pain medication as needed. Tylenol or Ibuprofen should be sufficient. If you have severe pain, please contact the office immediately.
- Keep the foot elevated to reduce swelling
- Wear a sandal or open-toed shoe to prevent excess pressure to the area.
- If you experience any severe pain, signs of infection, excessive bleeding, or have concerns about your recovery, contact the office immediately. Healing times may vary from person to person, but most people are fully healed within 3 to 4 weeks.