



Ingrown Toenail Aftercare

Dr. Lowinger recommends soaking your toe in warm water and Epsom salts twice daily for 15 minutes. The water and salt can be mixed according to the directions on the packaging. Epsom salts can be found at any pharmacy or grocery store.

An antibiotic ointment or cream and band-aid should be applied after soaking. Dr. Lowinger recommends Bacitracin ointment.

If the skin turns white around the edges, this is likely due to too much moisture and you should let the toe air out for an hour.

The toe should stop draining in a week (or 2-3 weeks if you had a permanent removal). Keep soaking until the drainage stops.

You should let Dr. Lowinger know if you notice persistent redness, swelling, pus, or have fevers/chills.

As your toenail re-grows, it may cause problems again. Permanent removal of part or all of the nail may be indicated to prevent recurrence. Let Dr. Lowinger know if the nail is not growing in properly (usually 3-6 months) so he can assess whether permanent removal is a good idea. This is not done if the nail is infected.