

# **ADVANCED FOOT & ANKLE SPECIALISTS**

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## **PERMANENT NAIL REMOVAL PROCEDURES**

- 1. Soak twice daily, 15-20 minutes in lukewarm water with Epsom salts.**
- 2. Apply 2-3 drops of the Cortisporin otic solution into the nail groove.**
- 3. Apply the Silvadene cream, gauze and paper tape.**
- 4. Flush with Betadine solution after showers**
- 5. Expect drainage. Call if excessive pain or redness.**
- 6. Follow up 7-10 days.**