



POST-OPERATIVE CARE FOR NAIL PROCEDURES

Lie down and rest. Keep the foot elevated above your waist by placing one or two pillows under it. Walk only to tolerance and wear only the shoes your doctor has recommended.

Take medication as directed for pain.

Soaking instructions:

- a. Start soaking the day following surgery
- b. Mix 1 tablespoon of Epsom salt (table salt, sea salt) and warm water
- c. Soak 2 times per day for 10 minutes each
- d. Towel dry. Apply antibiotic ointment (Bacitracin, Neosporin) and a bandaid until next appointment. **DO NOT USE PEROXIDE**
- e. Apply a new bandage after each soaking

Drainage is normal and may last up to one week.

Some oozing may be seen through the dressing. If it persists, notify your doctor immediately.

Schedule a follow up appointment in 7-10 days.

If you have any questions or concerns, please call our office, 978-927-3040

PHASE III – Strengthening Phase (Weeks 12-18)

Criteria: minimal pain and inflammation

Goals:

1. Improve strength, power, endurance
2. improve neuromuscular control
3. normalize ROM
4. normalized arthrokinematics

Exercises:

1. Start resisted glenohumeral and scapular exercises with light weights
2. emphasis should be placed on strengthening the scapular stabilizers
3. gradual strengthening activities as tolerated
4. no pressing activities or lifting from the floor, such as a deadlift
5. continue to avoid contact activities

PHASE IV – Return to Activity Phase (4.5 months +)

Criteria: full painless ROM, satisfactory clinical exam, muscle strength that fulfills work/sport requirements

Exercises:

1. Progress previous strengthening program – continue to increase weight resistance with isotonics
2. Add total body conditioning, including strength and endurance training if appropriate
3. Initiate appropriate interval throwing, pitching, tennis, and golf program as appropriate
4. Power athletes may require 6-9 months to return to peak strength
5. Return to sport, work, prior activity level unrestricted

Red Flags: Ok to have mild discomfort with exercises, but if it persists >1 hour, the intensity of the exercises must be decreased

If there is an increase in night pain, the program must be altered to decrease the intensity