

**Michigan Foot and Ankle Center  
Gary L. Cesar, DPM, PC  
1515 Lake Lansing Road, Ste. B-1  
Lansing, MI 48912  
(517) 487-5171**

### **PHENOL NAIL TECHNIQUE**

You have just had a phenol nail technique performed on your toe(s). The purpose of the technique is to remove a painful or distorted piece of nail and destroy the growth center of that nail. The procedure is performed under local anesthetic, which will make the involved toe(s) numb. After the procedure is done, a sterile dressing will be applied to the area. A certain amount of bleeding may occur on the bandage. This is perfectly normal. If the bleeding appears to be profuse or uncontrolled, please call our office at the phone number above.

The toe may be numb for a few hours and, once the numbness wears off, a minimal amount of discomfort may be experienced. It is easily controlled with the medication provided to you in the form of a prescription. Depending upon severity of the nail problem, we may ask you to soak the toe before your first post-operative visit. You may also be asked to apply some topical ointment to your toe. Please do so and cover the toe with a clean, sterile band-Aid.

The toe(s) may drain for a period of time following the procedure. This is normal and should be somewhat clear, or mildly yellow, discharge. (This is difference from pus, which is very thick and milky in color) The success of the procedure depends on the extent that the acid cauterizes, or destroys, the nail growth centers. If the acid does not totally destroy the nail growth center, a small portion of the nail may re-occur. If this causes pain or discomfort, the procedure may be re-performed at a later date.

### **SOAKING INSTRUCTIONS**

Soak the toe(s) in one tablespoon of Epsom Salt, or a mild soap (Ivory flakes or baby soap) in one gallon of water twice (2) a day for 15 minutes. Please continue this until Dr. Cesar evaluates you in one week.