



122 Remuera Road, Auckland
(within the One Health Building)
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Re-Dressing Your Wound

Maintaining a good, sterile dressing is a key component to your best outcomes for healing and repair. After your procedure, an appointment will be scheduled for your first in-clinic dressing change. We will teach you how to re-dress your wound and provide you with the necessary materials. Please use these instructions as a secondary guide but if you're unsure or have any concerns, contact the clinic.

Dressing changes should be performed daily after your first re-dressing appointment.

Leave your dressing on while you shower (and yes the dressing can get wet). Remove the dressing after your shower and dry wound well using a clean towel or paper towel.

Soak your foot in epsom salts mixed with warm water for 5 minutes. (This step is recommended, but not necessary)

Leave the dressing off for up to 30 minutes (if you have time) to allow the foot to air and dry.

Use the alcohol wipes provided to clean the wound and surrounding skin. Allow alcohol to dry before applying dressing (may take 2 minutes)

Cut a piece of Telfa Dressing Pad with clean scissors. For toenails, this will be a small piece to cover the wound site(s) and help absorb any discharge from the wound and maintain a good environment within the dressing. For plantar warts, the size of the Telfa Pad should slightly exceed the size of the excised wart.

Apply a small amount of Betadine to the Telfa Pad, and use the tweezers provided to pick up the dressing and press it against the wound. Do not touch the side of the dressing that is going on to your skin with your hands to minimise the risk of infection.

Wrap the wound with the Cohesive Bandage, it will stick to itself. It shouldn't be too tight as you want to promote good circulation for healing and repair. It also shouldn't be too loose so that it does not fall off or allow foreign particles to enter.

Seal the dressing pack to use the next day. Take care to not allow dirt or foreign particles to enter.

Repeat this process for one week following your first dressing change appointment. From the second week onwards, until the wound has healed, continue to apply just betadine with a bandaid, unless otherwise advised by your podiatrist.

If you have any questions or concerns, give us a call or make an appointment. If you're unable to attend an appointment, we advise that you email us photos of your toes so we can monitor your progress.

In EMERGENCIES, your after-hours contact is Hanan Kane on 021 0223 0296