



After Nail Procedure

Your foot doctor did a procedure on your toenail. This procedure will help with toe pain or get rid of an infection.

What should I do when I get home?

You may feel a little pain and swelling on your toe. This is normal.

1. Take off the bandage slowly and gently.
2. Fill a clean bucket or large bowl with 4 glasses of warm water and 2 tablespoons of white vinegar.
3. Soak your toe in this for 10 minutes.
4. When you're done, put ointment on a q-tip. Then use the q-tip to put ointment on the wound.
5. Cover the wound with new small bandage.

Soak your toe 2 times a day until you go back to the health center. Make sure you take all of your pills.

How long will it take my toenail to heal?

Your toenail will take about 2 months to heal. Some people take longer than 2 months. It is normal to have a thick fluid coming out of your toenail. You will also grow new skin on your toenail. Those are signs that your toenail is healing. It does not mean that you have an infection.

Call us right away if:

- Your toe is throbbing
- You have pain that won't go away
- Your toe is red or swollen and it won't go away
- You notice other problems with your toe

If you have any questions, call your CHN foot doctor.

Bronx Health Center: 975 Westchester Ave., Bronx, NY 1045, Tel (718) 320-4466 • Fax (718) 991-3829 **Tremont Health Center:** 4215 Third Ave, 2nd Fl., Bronx, NY 10457 Tel (718) 294-5891 • Fax (718) 294-2468

CABS Health Center: 94-98 Manhattan Ave., Brooklyn, NY 11206 Tel (718) 388-0390 • Fax (718) 486-5741 **Caribbean House Health Center:** 1167 Nostrand Ave., Brooklyn, NY 11225 Tel (718) 778-0198 • Fax (718) 221-8169 **Dr. Betty Shabazz Health Center:** 999 Blake Ave., Brooklyn, NY 11208 Tel (718) 277-8303 • Fax (718) 277-4795

Helen B. Atkinson Health Center: 81 W. 115th St., New York, NY 10026 Tel (212) 426-0088 • Fax (212) 426-8367 **Community League Health Center:** 511 W. 157th St., New York, NY 10032 Tel (212) 781-7979 • Fax (212) 781-7963 **Catherine M. Abate Health Center:** 150 Essex Street, New York, NY 10002 Tel (212) 477-1120 • Fax (212) 477-8957

Long Island City Health Center: 36-11 21st St., Long Island City, NY 11106 Tel (718) 482-7772 • Fax (718) 482-9648 **Queens Health Center:** 97-04 Sutphin Blvd., Jamaica, NY 11435 Tel (718) 657-7088 • Fax (718) 657-7092 **Family Health Center:** 90-04 161st St., Jamaica, NY 11432 Tel (718) 523-2123 • Fax (718) 523-5833 • Fax (718) 523-5833