



PRE-OP NAIL BIOPSY INSTRUCTIONS

Preparing for Your Procedure:

1. Purchase all your bandage materials. These can be found at your local drug store:
 - Nonstick dressing pads
 - Bandage or surgical tape
 - Epsom Salt
 - Chlorhexidine 4% cleanser (Hibiclens)
 - Mupirocin ointment
 - Basin to soak your foot or hand
2. **Do not smoke for a week before or after the biopsy as it will delay wound healing and increases complications.**
3. During the three days before surgery, clean your hand or foot in the morning and evening. Perform a 5 minute hand or foot scrub with warm water and chlorhexidine soap (Hibiclens) to remove dirt from under the nail margin and crevices of the nail folds.
4. Cut your nails and remove all nail polish.
5. For a toenail biopsy:
 - Prepare loose-fitting or open-toe shoes to wear after the procedure.
 - Bring someone who can drive you home after your appointment.
6. Inform the office if you are taking a blood thinner / anticoagulant medication or need to pre-medicate with antibiotics prior to the procedure.
7. Please eat and take all medications prescribed by your primary physician, especially blood pressure medications.

On the day of surgery and afterwards:

- Due to the local anesthesia, it is normal for the affected area to feel numb for 1 to 2 hours after your procedure.
- Leave the bandage on for 24 hours after your procedure. Keep the bandage clean and dry.
- After 24 hours, change the bandage. Follow the wound care instructions carefully.
- After a toenail biopsy, avoid wearing tight shoes for 1 to 2 weeks.
- Do not participate in strenuous exercise or lift more than 5 pounds for 2 weeks after your procedure.
- It can take about 6 months to 1 year for a nail to regrow.