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Betadine soaks for Nail Avulsion and Matricectomy

Nail Avulsion-

What you need:

Container large enough to fit your foot or toes into

Betadine Solution – over the counter at all pharmacies (*generic betadine is okay*)

Warm water

Directions :

Fill container with enough warm water to cover foot or toes. Add enough Betadine so that the water looks like weak tea. Soak for 10-15 minutes. Dry the area completely. Cover with a band-aid for the first 3 days only to allow skin to dry properly.

** Repeat the above soaking regime 2-3 times daily for one week.

For Matricectomy: do all the above and add the following:

After drying the toe apply 2 drops of the prescription Cortisporin Otic to the affected area. Then cover with the band-aid for the first 3 days only to allow skin to dry properly.

**DO NOT GO INTO A POOL, LAKE, OCEAN ETC. FOR A MINIMUM OF TWO WEEKS FOLLOWING EITHER OF THESE PROCEDURES **