Nail Bed Injury

The nail bed is under the nail. It can take 2 or more months for an injured fingernail or toenail to regrow. The nail may not grow back normally. Tell your doctor how your injury occurred. Nail bed injuries can involve the bone in your finger or toe. X-rays may be needed.

HOME CARE

- Keep your hand or foot elevated to relieve pain and swelling.
  - For your foot, lay with your leg on pillows. Sit in a recliner with your leg up. Avoid walking or letting your leg dangle. When you do walk, an open toe show will be more comfortable.
  - For your hand, keep your hand above the level of your heart. Use pillows on a table or the arm of your chair while sitting. Use pillows on your bed while sleeping.
- Use bandages or splints as told by your doctor.
- Keep your bandage dry and clean. Change your bandage as told by your doctor.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your doctor.
- See your doctor as needed for problems. Including pain that is not controlled by medicine.

GET HELP RIGHT AWAY IF:

- You have more pain, swelling, redness and warmth, drainage or bleeding.
- An oral temperature above 102º F (38.9º C) develops, not controlled by medicine.
- You have swelling which spreads from your finger into your hand, or your toe into your foot.

Document Released: 12/06/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.