

## Toenail removal diary

5-5-00: Had 2 toenails removed, large toe on right due to fungus that would not respond to two treatments of Lamisil and toe next to it for ingrown nail.

5-19-00: Toes constantly exuding all kinds of exudate and painful. Had to change dressing constantly, soak in salt water.

6-5-00: Saw doctor who said not to cover the toenails as that kept the wound wet and stopped healing. I was in a quandary because they started hurting again when I went by his instructions.

6-7-00: Got disgusted about the situation, did a web search using the search phrase "toenail removal" and Toe-Aid was first on the list. Checked it out. Was in awe of the details on Southwest's web site and immediately called them up. Extremely helpful, Heather guided me to the closest supplier (Mercy Surgical Dressing Group, Inc., Cannonsburg, Pa.). She said she would send me a sample, but I ordered two packages of Toe-Aid from Mercy right after. Extremely hopeful.

6-9-00: Received package from Mercy and applied Toe-Aid. Immediately felt better and could actually put on some soft shoes (feet were freezing!!). Ahhhhhh what relief!

6-12-00: The bandage looked pretty dirty and yucky. Took it off; toes looked SO much better, I couldn't believe it. Only problem is that the tape doesn't fit the way I would like and it's white; would like to have a flesh-colored tape so I can wear sandals. Therefore, I'm thinking of calling Mercy again to see if they sell elasto-gel separately so I can use my own tape.

6-16-00: Received the tape and elasto-gel. Very nice! Also decided to apply elasto-gel to the left big toe which is less involved with nail fungus to see what happens (it's been there for 3 years and after trying 2 courses of pills, still there).

6-19-00: Checked the nails, they look nice and healthy.

6-23-00: Decided to see if I could "dry" the nails out and have a scab form.

6-24-00: Lots of pain; the smaller toe next to the big toe is looking OK but the big toe is hard, cracked and oozing all kinds of disgusting stuff.

6-25-00: Put the elasto-gel back on the big toe, as it just hurt too much. The small toe has formed a scab and no longer hurts.

7-6-00: Tried to dry out the big toenail again; seems to be getting better but still leaked yucky stuff. Put the elasto-gel on again and will try again this weekend. The toenail with the fungus is not looking a lot better but that is to be expected. I will be patient with that.

7-15-00: Tried to dry out the big toenail again; getting better but still leaking stuff. Toenail with fungus is looking real good.

7-17-00: Put back the Toe-Aid because the toenail still leaking stuff and hurt too.

7-19-00: Got the bandage wet and had to change; the toenail (actually I should say toenail bed, as there is no toenail!!) is looking better. And it doesn't hurt.

7-21-00: Will try to dry it out this weekend. Other toenail with fungus looking better and better!

7-24-00: Success at last! The toenail bed did not leak any yucky stuff, so I am deeming this the end of the Toe-Aid. Also, the fungus toenail on the left is looking really good, so I'm going to go Toe-Aid-less and see what the nail looks like as it grows out. Before, it looked better but the fungus gradually crept back down the nail. But there is a good portion now from the bottom that looks fungus-free, so we shall see if it grows out well.

Thanks to Heather, Rex and Cindy at Southwest Technologies. If I have time, I am going to take some of the samples of Toe-Aid I have left and see if my foot doctor has heard of them and let him see them. This has made my "toenail removal odyssey" a much more pleasant experience that I'm sure it would have been. Yeah!!