



Family Foot & Ankle Care
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Date: _____ Patient: _____

Area(s) of Care: _____

POST-OPERATIVE INSTRUCTIONS FOR WART/SOFT TISSUE SURGERY

1. Remove the bandage tomorrow morning. If the bandage adheres to the surgical site, soak as directed with the bandage on. When the bandage loosens, gently remove from the surgical site.
2. Soak your toe(s) in one quart of warm water with 4 Tablespoons of Epsom salts. Soak your foot/feet for 15 – 20 minutes twice a day. Try to soak your foot/feet at the same time every day (once in the morning and once at night). It is acceptable to soak more frequently. **However, you must soak at least once a day.*
3. Remove your foot/feet from the water. Cleanse the surgical site(s) with a clean gauze or washcloth. The gauze should be moistened with an antibacterial soap (liquid soap is easier, ex. Dial). Clean the surgical site(s) gently with the gauze and soap. ** Do not use Hydrogen Peroxide on the surgical site(s).*
4. Dry the surgical site(s) with a clean gauze.
5. Apply Neosporin Cream to the surgical site(s) with a Q-tip. Do not use the same side of the Q-tip more than once.
6. Cover the surgical site with a Band-Aid.
7. Follow these instructions until otherwise notified by your surgeon. **DO not** change the post-operative care on your own.
8. If you have any fever, chills, increasing discomfort, redness of the toe(s) and/or foot, foul smelling and/or thick drainage, and increased swelling please call your surgeon at (201) 874-3561. If you have Diabetes and experience an unexplained increase in your blood sugar, call your surgeon.
9. You have been given the following medication(s). Your instructions are:
 - a. Pain Medication: _____
10. It is normal to have some non-infected clear or watery yellow drainage for several weeks after the surgery.