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POSTOPERATIVE INSTRUCTIONS

You have just undergone a surgical procedure in our office. You will either be given an Rx for medications or dispensed medications prior to leaving our office. These medications should control any discomfort which you may experience, as well as act to prevent post-operative infection. **TAKE YOUR MEDICATIONS AS DIRECTED!** Should you have any bad reactions/side effects from these medications, **STOP** taking them and contact us as soon as possible! Furthermore, **DO NOT** use alcoholic beverages while taking your medications. If applicable, try to **STOP** smoking during your healing period.

Stay off your feet the day of your surgery. Relax and elevate your feet, at least to the level of your hips. Application of an ice pack, 30 minutes on/off for the first 4-6 hours after your surgery, will reduce the chances of discomfort and swelling.

You may notice a small amount of bleeding on your bandages. This is **NOT** a cause for alarm. A small amount of bleeding is normal. However, should the bandage become red and wet, this would indicate active bleeding. In this case, apply an ice pack to the area with **FIRM** pressure for 5 minutes. This will stop the bleeding. If it does not, **CONTACT OUR OFFICE IMMEDIATELY!**

You may experience some swelling in the area of the surgery. This is normal. On occasion, this swelling will cause the bandages to become overly tight. The signs of a tight bandage include: a feeling of pins-and-needles, cold feeling and/or ashen/purple discoloration of the toes, increased swelling above the area of the bandage, and/or pain which your medication does not seem to relieve. Should you experience these symptoms, carefully slit open part of the dressing to relieve the pressure. If your pain and swelling does not decrease after a few minutes, **CALL OUR OFFICE IMMEDIATELY!**

Some bruising of the skin around the area of the surgery may occur. This is also a normal occurrence.

DO NOT GET YOUR BANDAGE SOILED!!!!!!!!!!!!!!
DO NOT GET YOUR BANDAGE WET FOR THE FIRST 12 - 24 HOURS!!!!!!!!!!!!!!

The area of your skin/nail surgery was not closed with stitches. You **WILL** notice some clear or blood tinged drainage coming from the surgical site for 7 - 10 days after the procedure. This is **PERFECTLY NORMAL!** Starting the day **AFTER** your procedure, you are to soak your toe/foot in a salt water solution (1 tsp of salt/quart of water) at least twice per day. Dry off the area. Apply **ANTIBIOTIC CREAM (NOT OINTMENT)** to the surgical area and then cover with a cushioned dry sterile dressing. When the drainage decreases, you may use a flexible **fabric** band-aid to cover the area (**NOT** the standard plastic/rubber band-aids!).

It is **VERY** important that you keep **ALL** of your post-operative appointments. Also, we would rather you call us with **ANY** questions you may have regarding your post-operative care, than to attempt unprescribed self care.

THANK YOU.