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AFTERCARE FOR A MINOR PROCEDURE

- 1) Leave the dressing intact for 3 days and do not get it wet.
- 2) When bathing or showering, put a plastic bag around the foot and duct tape it to your ankle. Repeat with a 2nd bag, taping higher up on the ankle than the first bag
- 3) Wear your surgical shoe for at least 3 days, while the bandage is in place
- 4) On the 4th day, you may remove your bandage and gently clean the foot with a washcloth or moistened paper towels. Apply a thin layer of antibiotic ointment to the incision and cover with 1-2 band-aids
- 5) Continue using the band-aids at least once daily, change more often if the bandage becomes bloody or wet.
- 6) You may wear athletic shoes if comfortable. If regular shoes place too much pressure on the incision area, continue wearing the surgical shoe.
- 7) Minimize your walking and exercise until the stitches can be removed (2-3 weeks)
- 8) Call your physician immediately if you experience any of the following:
 - Bleeding that won't stop after you apply pressure for 20 minutes
 - Severe pain that worsens
 - Redness and swelling to the toe
 - Toe feels hot to the touch
 - Thick white or yellow drainage from the incision
 - Fever of 101 degrees or higher

If you have any questions, please contact us.