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Board Certified in Foot Surgery & Reconstructive Rearfoot/Ankle Surgery

POST-OPERATIVE INSTRUCTIONS (NAIL SURGERY)

General Information:

The amount of pain and swelling will vary from one patient to another. Pain is often negligible and will gradually lessen each day. An over-the-counter pain reliever should be sufficient, if necessary. As long as the surgical site remains comfortable, you may continue your normal activities, including showering. You may wear any footwear that does not cause discomfort. It can generally take 4-6 weeks for complete healing. It is normal for blood-tinged drainage, redness up to the first knuckle and tenderness to be present while healing takes place. If you experience persistent throbbing, pulsating pain accompanied by redness and swelling, pus-like discharge, fever or red streaking up the foot, this may indicate infection and requires calling our office.

Re-Dressing:

1. For the first week, you should re-dress the bandage twice a day. This can be done after showering in the morning and before going to bed at night. Remove the old bandage. If you have purchased an Amerigel wound care kit, follow the kit instructions for re-dressing. General re-dressing instructions are to re-dress by placing a small amount of bacitracin on a small square of gauze. This should be held on with tape, coban or a band-aid. Do not use a band-aid without the gauze.
2. After the first 1-2 weeks, if you have noticed a decrease in your drainage, you may leave the dressing off in the evening while relaxing. This is to allow the treatment area to dry out and form a scab. Before going to bed, you may place a band-aid over the treatment area to prevent drainage from staining your sheets.

Discomfort:

The anesthesia will last for several hours or up to 24 hours. There is generally little discomfort, but an over-the-counter pain reliever is recommended for mild pain. If the discomfort is more severe, contact the office. Ice applied to the base of the toes will also decrease your discomfort.

Bleeding:

Most of the bleeding will take place during the first day and night. Keep the bandage on until tomorrow night, unless it becomes soggy with blood, in which case it should be changed earlier. Bleeding will stop with pressure and elevation. It is common for the bandage to become spotted and this does not require changing.

Signature: _____ Date: _____

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SIERRA
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POST-OPERATIVE INSTRUCTIONS (WART SURGERY)

General Information:

Warts are caused by a virus. The laser is the most effective way to remove warts. It is possible, but rare, for the wart to grow back due to the body's inability to suppress any virus that may still remain. It generally takes 4-6 weeks for complete healing. You should be able to walk on your foot during the healing process and you may get your foot wet after the first 24 hours. If there is persistent throbbing, pulsating pain accompanied by redness, swelling and drainage or you experience any other problem not described here, please call our office.

Re-Dressing:

1. Leave your bandage in place for 24 hours. After this time, remove the bandage, apply a small amount of bacitracin ointment to the surgical area and cover it with a small square of gauze. This should be held on with tape, coban or a band-aid. Do not use a band-aid without the gauze.
2. After the first 1-2 weeks, if you have noticed a decrease in your drainage, you may leave the dressing off in the evening while relaxing. This is to allow the treatment area to dry out and form a scab. Before going to bed, you may place a band-aid over the treatment area to prevent drainage from staining your sheets.

Discomfort:

The anesthesia will last for several hours or up to 24 hours. There is generally little discomfort, but an over-the-counter medication is recommended for mild pain. Depending on the location of the wart, there can be some pain when pressure is placed on the wound site. This is normal.

Bleeding:

Most of the bleeding will take place during the first day and night. Keep the bandage on until tomorrow night unless it becomes soggy with blood, in which case it should be changed earlier. Bleeding will stop with pressure and elevation. Ice is also helpful. Do not take aspirin, as it can cause an increase in bleeding.

Re-Growth:

On occasion, the wart will re-grow. This can be caused by the body's inability to completely kill the virus. When the wart is first forming it is not visible to the naked eye. If new warts are noticed several days after the surgery, it may be due to the fact that they were not visible at the time of the original procedure. Occasionally, a small scar will form in the area of the surgery. This should not be painful and will gradually fade.

Signature: _____ Date: _____