

Piedmont Podiatry



<http://www.piedmontpodiatry.com>

Nail & Wart Surgery

Post-Operative Instructions

1. Keep the dressing **CLEAN, DRY, and INTACT** until tomorrow morning. A small amount of blood on the dressing can be expected and is no cause for alarm.
2. Keep your foot elevated above the level of your heart as much as possible. This is very important while you are waiting for the local anesthetic to wear off. If you run around while your surgical site is numb, it will throb when it wakes up.
3. Tomorrow morning remove (or as instructed) All of the dressing. You may have to soak your foot for 5 minutes to get the dressing off if it sticks.
4. Flush the operative site with hydrogen peroxide and allow standing for 2-3 minutes.
5. Soak your foot twice a day, once in the morning and once at night. Soak the area for 20 minutes in warm tap water with one to two tablespoons of the hibiclens.
6. After soaking, dry the surgical site with gauze and apply a small amount of the Gentamicin cream directly to/in the wound, followed by a band aid.
7. **SOAK AND CLEANSE THE AREA AND CHANGE THE DRESSING AT LEAST TWICE A DAY.** Failure to do this will cause the normal post-operative drainage to clot and not drain properly. This can result in infection and pain.
8. **CALL THE DOCTOR IMMEDIATELY IF** you have severe pain, see red streaking around the surgical site, see any colored drainage, smell any foul odors in the surgical site, or have any questions. A little redness and clear drainage are normal.

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