

# Piedmont Podiatry



<http://www.piedmontpodiatry.com>

## Wound Care

### Post-Debridement 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 to help prevent excessive swelling in your feet.
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. Wash the wound with the gauze and saline provided. If a specific cream was supplied by your physician, apply a small amount to the wound as instructed.
5. If no cream was prescribed, apply one moist gauze sponge (wring out all excessive saline) into the wound. Apply 2-3 additional gauze sponges over the wound evenly.
6. Wrap the 3" kling around the foot to secure the gauze sponges in place. You may only need half of the kling, simply cut the excess kling and reuse it for tomorrow's dressing change.
7. Finally, apply the ace bandage around the foot to secure your dressing from loosening.
8. **CLEANSING THE WOUND AND CHANGING THE DRESSING AT LEAST ONCE A DAY IS VERY IMPORTANT.** Failure to do this can lead to a build up of necrotic tissue that can prevent the wound from healing.
9. Routine debridements by your foot doctor and daily dressing changes is vital to the healing of your foot wound.

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