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Podiatric Medicine – Podiatric Surgery

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HOME CARE FOLLOWING SURGERY

Please follow these instructions to aid in your healing process and minimize the chance of complications.

Tonight

Leave the bandage in place and soak your feet in cool salt water for approximately 20 minutes. Make the salt water solution by adding a very small handful of salt to 2 quarts of water.

Remove the dressing while it is soaking.

Care Until the Next Visit

Soak your feet and apply light gauze dressing twice daily for 5 to 7 days.

Things to Expect

1. You may experience bleeding through the bandage. This is normal and no cause for alarm.
2. Some soreness may be present when the anesthesia wears off. We recommend elevation of the foot above the level of the hips. Two Aspirin or Tylenol should relieve any discomfort.

Office Number

If you encounter any problems or have any questions, please call us anytime 24 hours a day at (716) 376-2282