



FOOT & ANKLE ASSOCIATES INC. TM

Diabetic Foot CenterTM
"A Wound Healing Center"

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INGROWN TOENAIL AND WART REMOVAL POST OP INSTRUCTIONS

1. USUALLY, THERE IS ONLY SLIGHT DISCOMFORT WITH THIS PROCEDURE. IF YOU HAVE PAIN, TAKE TYLENOL. IF THAT DOESN'T HELP CALL THE OFFICE FOR INSTRUCTIONS.
2. IF THERE IS EXCESS BLEEDING CALL THE OFFICE FOR INSTRUCTIONS.
3. REMOVE THE BANDAGES THE DAY AFTER SURGERY AND SOAK IN EPSOM SALT (DO NOT SOAK IF YOU ARE A DIABETIC, FOLLOW DIABETIC INSTRUCTIONS BELOW), THEN APPLY THE OVER THE COUNTER ANTIBIOTIC CREAM (EXAMPLE: NEOSPORIN).
4. PUT 1 TABLESPOON OF EPSOM SALT AND 2 TABLESPOONS OF WHITE VINEGAR IN 1 QUART OF WARM WATER FOR 20 MINUTES.
5. THE ANTIBIOTIC CREAM NEEDS TO BE APPLIED TWICE A DAY TO HELP PREVENT AN INFECTION. APPLY AFTER EACH SOAKING.
6. DIABETICS DO NOT SOAK YOUR FEET, WET A STERILE GAUZE IN THE EPSOM SALT AND VINEGAR SOLUTION, and GENTLY CLEAN THE AREA FOR A 5 TO 10 MINUTE PERIOD, DRY WITH STERILE GAUZE. Diabetics will be given a prescription for silvadene cream, unless allergic to sulfa.
7. DURING HEALING, SOMETIMES A CALLUS WILL FORM AND FEEL LIKE AN INGROWN TOENAIL, OR WART. IT'S IMPORTANT TO KEEP YOUR FOLLOW-UP VISITS FOR US TO EVALUATE AND TRIM THE AREA.
8. IF THERE ARE ANY QUESTIONS OR PROBLEMS PLEASE CALL OUR SANTA FE OFFICE AT 982-0123, LAS VEGAS OFFICE AT 454-0123, OR IF OUT OF TOWN CALL 1-888-982-0123 TOLL FREE.

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