



## **POST- OPERATIVE OFFICE SURGERY INSTRUCTIONS**

1. Leave original dressing intact for 3 days following surgery, if dressing becomes saturated with blood call our office to speak with the nurse for instructions, otherwise change dressing as described below. Do not let the dressing get wet. **When taking a bath cover with plastic wrap and a plastic bag to keep dry.**
2. Beginning on the third day after your procedure remove the bandage and clean area with a mild antibacterial soap and water. Dry foot thoroughly.
3. Redressing consists of applying topical medication dispensed or prescribed to the wound(s) after cleaning, then cover the area with clean dry sterile gauze as instructed.
4. Repeat this procedure (steps 2-3) once daily.
5. Following your surgery some discomfort is to be expected, limit the amount of walking, apply an ice bag covered with a cloth over the dressing for 30 minutes several times a day for the first three days.
6. Have prescriptions filled (if given) and take medication(s) as directed. If medication(s) cause stomach upset, headache, rash, or other abnormal reactions, discontinue their use and call the doctor.
7. Wear surgical shoe or recommended footwear during recovery as instructed.
8. If any problems arise, call the office at (434) 977-8040 or (540) 825-1350.

