



## ***Dr. Scott M. Aronson***

### ***Podiatric Medicine and Foot Surgery***

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## **POST-OPERATIVE INSTRUCTIONS**

1. Go directly home and elevate the affected foot for the remainder of the day/evening.
2. Take either Tylenol (or equivalent) as needed for pain.
3. Keep dressing dry and intact—do not bathe today/tonight.
4. May remove entire dressing 12-24 hours after the procedure down to any dressing which may adhere to the wound.
5. Soak the affected area in warm water and antibacterial soap (i.e.: Liquid Dial) for 5 to 10 minutes only, loosening up any adherent dressing in the water, as needed.
6. After the 5 or 10 minute soak, remove the affected area from the water and allow to air-dry for a few minutes.
7. Pour a small amount of Hydrogen Peroxide over the area.
8. Apply antibiotic ointment (polysporin, bacitracin or neosporin), and then re-dress the area with gauze and paper tape. (Do not use plastic bandaides, use *fabric* bandaides in order to prevent excessive wound moisture.)  

**-or-**

Apply PolyMem bandage (if dispensed in office) directly to the affected area(s) daily.
9. Repeat soak/dressing daily for 2 weeks or until your next appointment.
10. May walk and pursue everyday activities as tolerated.
11. Okay to bathe after the first day.
12. If you have any problems or questions, please call the office 24 hours a day.

*I have read and fully understand the above instructions, and agree to follow them.*

Signature of Patient (parent or guardian) \_\_\_\_\_ Date: \_\_\_\_\_