

# ankle&foot

Centers of Georgia

## Post-Operative Instructions for Nail and Wart Surgeries

1. Tomorrow morning (or as instructed) remove ALL of the dressings. Soak the area for 15 to 20 minutes in warm water from the tap with one tablespoon of Epsom Salt per quart of water. You may have to soak your foot for 5 minutes to get the dressing off if it is sticking.
2. After soaking, pour a small amount of Hydrogen Peroxide over the operated site. Allow this to stand for approximately 2-3 minutes.
3. Next, wash the surgical site with Betadine Skin Cleanser and a wet gauze.
4. Apply a gauze dressing to fully cover the surgical area. You will probably need a thicker gauze the first couple of days because the drainage will be greater. After this you will only need a light dressing.
5. SOAK AND CLEANSE THE AREA AND CHANGE THE DRESSING AT LEAST TWO TO THREE TIMES EACH DAY. Failure to do this will cause the normal post-operative drainage to clot and not drain properly. This can result in infection and pain.
6. CALL THE DOCTOR IMMEDIATELY IF you have severe pain, see red streaking around the surgical site, see any colored drainage, smell any foul odors in the surgical site, or have any questions. A little redness and clear drainage are normal.

### **Items You Will Need to Care for Your Surgery:**

Betadine Skin Cleanser\*  
Gauze Pads\*  
Tape – Coban\*  
Epsom Salt  
Warm Water  
Pan  
Hydrogen Peroxide

\* These items are supplied in post-operative pack purchased from your doctor.

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