

# The Foot and Ankle Wellness Center of Western Pennsylvania

## **Minor Post Operative Instructions:**

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Please read all instructions **carefully**

1. Please fill prescription immediately if given.
2. Try to stay off your feet as much as possible today. Elevate your feet with two (2) pillows while at rest.
3. If there is excessive bleeding through your bandages call your doctor immediately.
4. Keep your bandages clean and dry. Do not remove unless instructed. You may remove the bandages the following day then begin the soaking instructions.
5. When at home you may remove your bandages and leave the site open to air, however, keep the area clean. After seven (7) days, you may remove your bandages for sleeping at bedtime.
6. You may experience several weeks of drainage from the surgical site. This is not unusual.
7. Call the office if you have any questions or concerns, including:
  - a. If you develop a fever
  - b. If you injure your foot or ankle
  - c. If you experience continued bleeding through the bandage
  - d. If you pain is not relieved from prescribed medication

### **Soaking Instructions:**

1. Soaking solution preparation: 2 quarts of lukewarm water (102°F to 110°F no warmer to prevent burning) and 2 tablespoons of Epsom salts, white vinegar or liquid antibacterial hand soap. Clean the container after every use.
2. Soak twice daily for 15 minutes. If necessary, you may soak your bandage to aid removal of the bandage. A bath or shower can be substituted for one of the soaks.
3. After soaking pat dry with a clean towel soft towel paying attention in-between your toes.
4. Apply topical medications (Neosporin® cream/ointment, Silvadine cream or \_\_\_\_\_) then cover with a light dressing of gauze and tape or Band-Aid.
5. Continue soaking instructions until your next appointment.

**Ford City Location**  
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**Butler Location**  
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**Monaca Location**  
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**Grove City Location**  
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