



# Foothill Podiatry

Clinic of Grass Valley, Inc

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## POST OP INSTRUCTIONS FOR AVULSION

Begin soaking feet/toes tomorrow morning. Soak them in warm water with 2 tablespoons of table salt or epsom salt, per gallon of water. Soak twice a day for 15 minutes each time for 10 days.

During the first soak, put feet/toes in the water with bandage still on, then remove the bandage and packing used on each toe. Removing the bandage when they are wet will keep discomfort to a minimum.

After each soak, wash gently with Antibacterial soap for 60 seconds, then rinse very well with clean water. (Do not rinse with the water you soaked in.) Take feet/toes out and pat dry.

After you rinse and dry, apply a small amount of antibiotic ointment to the surgical site. Cover the site with a clean bandage.

Take all medications, over the counter, as directed by your doctor.

You should call your doctor at 477-7200 if you notice any:

Bleeding saturation through the bandage.

Pain which is not controlled by medications as directed.

You hit or injure your toe (s) and there is significant pain or bleeding.

Any signs of infection such as redness, swelling, drainage of pus, red streaks up the leg or increased temperature.

It is extremely important you do the soaks for 10 days unless directed by your doctor. If you have a return appointment it is important you keep it. Any questions feel free to call us.

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