



# Foothill Podiatry

Clinic of Grass Valley, Inc

Kennan T. Runte, D.P.M., FACFAS

## POST OP INSTRUCTIONS FOR MATRICECTOMY

Begin soaking feet 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 14 days.

During the first soak, put feet in the water with bandage still on, then remove the bandage and packing used on each toe. Removing the bandages 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 fresh water. (Do not rinse with the water you soaked in.) Take feet/toes out pat dry.

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

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

You should call your doctor at (530) 477-7200 if you notice any:

Bleeding saturation through the bandage.

Pain which is not controlled by medication 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.

Return to clinic 2 weeks after procedure for follow up care.

It is extremely important that you keep your follow up appointment to be sure to avoid on undetected infection. Any questions feel free to call us.

*Kennan Runte, DPM FACFAS*

152 Catherine Ln, Ste. F • Grass Valley, CA 95945 • (530) 477-7200 • Fax (530) 477-1246