

Soaking Instructions for Nail surgery and Excision of Plantar Warts

1. Keep your dressing dry for the next 24 hours.
2. Elevate your foot if it throbs.
3. Apply ice pack if needed.
4. Leave dressing in place for 24 hours, if you notice bleeding through the bandage elevate your foot and place an ice pack on it, do not remove your dressing. You may add gauze if needed.
5. After 24 hours remove the dressing and soak your foot in warm soapy water, use dial or a mild soap. Soak your foot for 20 minutes twice a day, continue to do this for 1 week or until the doctor tells you to stop.
6. After soaking your foot dry it off well and apply a thin layer of Neosporin to the area. Cover the area with a Band-Aid.
7. Soaking your foot as instructed will help assure faster recovery and help prevent problems. Most problems are due to not following your post-operative instructions.
8. Please call our office at 860-8282 if your have any problems or questions, we will be happy to help you.