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HOME CARE AFTER YOUR IN-OFFICE PROCEDURE

Please follow the guidelines below to help you heal properly.

The area may feel numb for 4-8 hours after the procedure. It will slowly wake up with a tingling feeling. You should not have much pain. If you do, you may take over-the-counter Tylenol, ibuprofen, Advil, or Aleve as needed.

DRESSINGS

- Keep the dressing clean, dry, and in place until your next shower. After bathing, apply Bacitracin / Neosporin and a fabric bandage over the procedure site. Do this daily until the procedure site is fully healed.
- The incision has stitches that will take 2-3 weeks to heal. These types of incisions will heal the best when left clean and dry, **WITHOUT** getting wet in the shower. Use a **WATERPROOF** bandage while bathing to keep it dry. Change this once per day by applying Bacitracin/Neosporin and applying the bandage properly to the site.
- Keep the dressing clean, dry, and in place until your next follow-up visit.
- Apply the Ace wrap / Ankle Brace / Coban and gauze / Compression Sock to the site and keep this on during the day. This may be removed for showers and during sleep. This is important for tissue healing.

OTHER

- Keep activities light. Avoid any physical activity other than your day to day activities for 2 weeks.
- Avoid any physical activity other than your day to day activities until your next follow-up visit.
- You can apply an ice pack wrapped in a thin towel to the site for 15-20 minutes once or twice a day.
- Wear an ortho shoe only until your next follow-up visit.
- Wear a roomy, supportive shoe that does not cause discomfort to the site.
- Follow-up in _____ weeks to check your procedure site.

Mild bleeding on the dressing is normal on the first day or two. Please call the office if you have any signs of infection, including:

- Redness that is getting worse
- Drainage from the site that is creamy, excessively bloody, or has other unusual appearance
- Pain that is not improving or worsening