POST- OPERATIVE FOOT SURGERY INSTRUCTIONS

Surgeon: Paul G. Klein, DPM Hospital/Facility:
Patient: Date:
Office telephone (973) 595-1555 Beeper: (973) 492-7279

PLEASE READ THE BELOW DIRECTIONS CAREFULLY AND FOLLOW THEM

1. Upon your discharge from the hospital/facility immediately have your prescriptions filled.
2. **DO NOT WALK WITHOUT THE POST-OPERATIVE SHOE AT ANY TIME.**
3. **IF YOU HAVE A CAST, DO NOT ATTEMPT TO WALK ON IT AT ANY TIME.**
   Cast wearing patients must call the office 24 hours following the surgery for a cast check.
4. Upon your arrival home, elevate your foot on several pillows, telephone books or sit in a recliner, so that your foot is at the level of your heart.
5. Apply ice bags, gel packs or 1 lb frozen bag of peas to area behind your knee or around your ankle – NOT on top of the surgical dressing. At a minimum leave cold therapy in place for 20 minutes per hour. You may continue to apply this for the first 7 days.
6. Resting the surgical site for 48 hours will improve your result and reduce swelling which causes pain.
7. **DO NOT GET THE BANDAGE WET.**
8. **DO NOT CHANGE THE BANDAGE.** Call the office if it comes off.
9. A small amount of bleeding is expected and will cause no harm. Excessive bleeding requires prompt attention from the doctor.
10. Pain and swelling is expected. If the pain medication after several dosages has not relieved the pain, call the doctor who will then give you further instructions. Bruising of the skin is to be expected.
11. Follow strictly the directions on your medication. Do not take other medications together with prescribed pain medications unless directed to do so.

Please call the office today to schedule your first postoperative appointment for:

_____

I have carefully read and received the above directions and fully understand them.

Print name: _____ Signature: _____ Date: _____

POST – OPERATIVE INSTRUCTIONS: FUNGUS NAILS VIA LASER

1. Remove the dressing the following AM.

2. Soak the affected toe in a solution of luke warm water and one of the following: Pediboro powder, Domeboro powder or Blueboro powder. These powders are non-prescription items. Total soaking time, 5-10 minutes.

3. Pat dry the toe and apply the anti-fungal cream or medication prescribed by your podiatrist only to the affected toe (s).

4. Cover affected toes with a small piece of gauze pad (approximately the size of the nail area) and use a fabric type band aid (J&J Flexibandaids).

5. Repeat this procedure in the AM and PM each day until otherwise noted by your physician.

6. This therapy is continued until the nail grows back to its normal length. The duration of the therapy is dependent on nail growth.

7. Preventative measures as discussed with your doctor are a necessity to prevent a reoccurrence.

8. Should a problem arise after office hours, the doctor can be reached by beeper: (973)492-7279, follow the directions.

Patient's Signature_____ Date:_____

POST-OPERATIVE INSTRUCTIONS: NAIL SURGERY

Instructions:

Tomorrow: AM Remove the dressing and soak the toe in one of the solutions below for 10 minutes in lukewarm water. Apply the below medicated cream or ointment and cover with a 2" gauze pad, folded in half using a flexible type band aid to hold it in place.

PM Repeat above

Until your next visit do as above twice daily. Regular bathing is permitted.

You may expect the following:

1. There may be some bleeding through the dressing, this is normal.
2. Some soreness may be present when the anesthesia wears off. If the pain should persist, remove the dressing completely and apply a lighter dressing.
3. The surgical site can drain slightly (yellow-red fluid) for several weeks. This will stain the bandage. It is not infected, but normal.
4. The area of the toe just behind the cuticle may turn reddish-purple and swell slightly. This means the moist scab produced is blocking the normal drainage, increased tenderness will occur. Use a moist Q-Tip applicator and gently roll against the area. If no relief occurs, call the office for an appointment.
5. You will be seen regularly until the area is healed.
6. Should a problem arise after office hours, a doctor can be reached by calling the doctor's beeper number (973)492-7279, just dial and follow the directions.

Medication:

Neosporin cream or ointment; Triple antibiotic cream or ointment, Bacitracin ointment, Polymixin cream, Silvadene cream.

Domeboro powders: Pediboro powders, Blueboro powders or one cup white vinegar mixed with 6 cups lukewarm water.

Patient's Signature:_____ Date:_____

POST – OPERATIVE INSTRUCTIONS FOR LASER WART SURGERY

1. Leave the dressing intact for 2 days unless other wise directed.

2. You may bathe or wash the foot after 2 days, provided you redress it.

3. For those patients with small single laser wounds, apply Neosporin ointment or cream and cover with a band aid daily.

4. For those patients with larger laser wounds, dispersion pads may be dispensed to redirect pressure away from the surgical site. If you misplace the pad you will increase your discomfort. Fill the wound with Neosporin medication, cover with a small gauze pad (cut it so it overhands the wound circumference) and cover with a band aid.

5. Pain medication, if necessary, should not be used when driving or at work.

6. If the wound bleeds through the original dressing, apply 2 pieces of 2x2 gauze to the original dressing.

7. Should a problem arise after office hours the doctor can be reached by beeper by dialing (973) 492-7279.

I have received a copy of these instructions and have read them thoroughly.

_____ _____

Name Date

Next appointment:_____