



Post Surgery Instructions

Prevention of infection is critical for good outcomes to any surgery. In the case of Podiatric Nail Resection we have provided the following guide.

1. Remove dressing 2 days after the surgery, there may be a little discharge on the dressing.
2. Soak your foot in salt water for 10-15 minutes, using 2 tablespoons of salt to approximately 1 litre of warm water.
3. Pat the area dry and apply a liberal amount of betadine to the toe area. Dress toe with low allergy dressing. (we recommend cutiplast)
4. The dressing should show signs of slight discharge and the tissue around the wound site will have local inflammation evident, neither should be of concern.
5. Carry out the above instructions (2), twice a day until your return visit.
6. If the dressing should become wet or damaged during the day, please re-dress with a fresh dressing immediately.
7. In case of Diabetes, it is essential to **maintain glucose control** over the next 6 week period.
8. If you have any concerns with your child/yourself please contact the clinic for friendly advice.

If there are any other concerns or queries, please either email

info@amapodiatry.com.au

Contact reception for a follow up from our Podiatric Surgeon

Phone: 03 9576 9495

Sound foot structure is the foundation for a healthy life