



**ADVANCED
FOOT CARE**

**1015 Morris Park Avenue
Bronx, New York 10462
718-409-2121**

Post Operative Toe Instructions

- 1. A CORRECTIVE PROCEDURE HAS BEEN PERFORMED ON YOUR FOOT. A SLIGHT AMOUNT OF PAIN AND SWELLING IS TO BE EXPECTED. THIS WILL VARY FROM ONE PERSON TO ANOTHER.**
- 2. TONIGHT, GENTLY REMOVE THE BANDAGE FROM YOUR FOOT AND SOAK IT AS FOLLOWS: TAKE A CLEAN BASIN AND PUT IN 1 OUNCE OF WHITE VINEGAR. TO THIS ADD 4 GLASSES OF WARM WATER. SOAK THE FOOT IN THIS SOLUTION FOR 10 MINUTES 2 TIMES A DAY UNTIL YOU RETURN TO THE OFFICE. COVER THE WOUND WITH TRIPLE ANTIBIOTIC OINTMENT AND a 1-INCH BAND-AID.**
- 3. TAKE ALL PRESCRIBED MEDICATION AS DIRECTED**
- 4. THE SKIN ON YOUR FOOT WILL TAKE APPROXIMATELY 3-4 WEEKS TO COMPLETELY HEAL. DURING THIS PERIOD OF TIME, MILD SWELLING AND SOME REDNESS MAY BE NOTED.**
- 5. IF THERE IS PERSISTENT THROBBING, PULSATING PAIN ACCOMPANIED BY REDNESS OR SWELLING, OR ANY OTHER PROBLEM COVERED BY THESE INSTRUCTIONS, CALL US IMMEDIATELY.**
- 6. Emergency Number- 917-514-6701**