INSTRUCTIONS AFTER WART REMOVAL

- Keep bandage on and elevate your foot for the day of the surgery whenever possible
- Remove the bandage as directed by doctor
- If the bandage is difficult to remove, DO NOT PULL! You can soak the foot with the bandage still on in a soaking solution
- Begin soaking the area twice a day for 10-15 minutes each time in the soaking solution starting the day AFTER surgery and continue until your follow-up appointment
- Mix warm water with dilute Betadine (2-3 teaspoons per quart of water) to create the soaking solution (NOTE: warm water, NOT HOT WATER!)
- After soaking, dry the area with a clean gauze pad or clean towel
- Apply antibiotic ointment or drops as ordered by your doctor and follow with a band-aid
- Some drainage is normal and expected
- You may take over-the-counter medication, such as Advil, Aspirin, Tylenol, or whichever pain reliever you prefer for pain and discomfort as long as you do NOT have an allergy or sensitivity
- If Dr. Perez has prescribed a medicine or a different protocol, please follow that as directed
- Follow-up: Please be sure to keep all of your follow-up appointments. The post-op period for this type of procedure is very important and can significantly affect the long-term outcome. It is critical to help prevent infections and/or other possible complications which could lead to a less than optimal result.
- No hot tubs, swimming, or baths; showers only until otherwise directed by doctor
- Shoes: You may return to your regular shoe gear whenever it feels comfortable, until then wear the surgical shoe dispensed to you today
- Continue the above soaking protocol until your follow-up appointment