**General Information:**

Stay off your feet as much as possible today. The surgical site(s) may remain numb for up to 6-10 hours after the procedure. Slight bleeding, discoloration or drainage is normal. Please contact our office if you have any questions or concerns.

**Discomfort:** You can elevate your foot to help alleviate minor swelling, bleeding, and discomfort. You may also take over-the-counter pain relievers as directed. If pain or discomfort is not controlled adequately, then contact our office.

**Removing the surgical bandage:** Starting the day after surgery, carefully remove the dressing. To make the bandage easier to remove with little or no discomfort, saturate it with Amerigel® Wound Wash Solution (bottle). Wait several minutes then remove.

**Daily dressing changes:**

1. Keep the surgical site dry. Following shower or bath, thoroughly rinse the surgical site(s) with Amerigel® Wound Wash Solution (bottle) and blot dry. Apply a liberal amount of AmeriGel® Wound Dressing (tube) to the surgical site(s). Stinging may occur and is normal.

2. Trim a piece of gauze to allow for complete coverage of each surgical site. The gauze will help absorb drainage.


**CHANGE YOUR DRESSING ONCE DAILY**