

## Complications

- The toe or foot should not be severely painful, red or swollen after a podiatric surgical procedure.
- Signs of infection are: spreading or tracking redness; pus; swelling; pain behind the knee or groin; general fever or racing pulse. Infection will require antibiotics and rest.
- If you have these signs or are at all concerned about your wound then please contact your Podiatrist immediately or General Practitioner or Emergency Department if outside podiatry business hours.

If you have this or any other foot related issue, see us at Shepparton Foot Clinic for a caring professional podiatry opinion.

**Shepparton Foot Clinic,  
where we help your 'Feet for Life'**

Shepparton Foot Clinic has been providing top quality, friendly and reasonably priced podiatry to Shepparton and the Goulburn Valley since 1983.

Conveniently located in central Shepparton, we have parking on site and easy wheelchair access to our clinic.

14 Welsford St,  
Shepparton Vic 3630  
(03) 5822 1855  
[www.sheppartonfootclinic.com.au](http://www.sheppartonfootclinic.com.au)

# Dressings



## Post Surgical dressing instructions:

These instructions are for the post-operative care of podiatric surgical procedures at Shepparton Foot Clinic.

Please follow the instructions specific to your procedure.

If you have any concerns with your wound then please contact our practice during work hours on 5822 1855. Or otherwise present to your doctor or emergency department if outside of business hours.

## Nail and Wart Surgery:

Please follow these care instructions following wart removal or a full or partial toenail removal procedures.

1. The area will remain numb for about 2 hours following the surgery.
2. Pain is usually minimal after anesthesia but if the foot is excessively painful sit and elevate the foot above heart level and place an ice pack on the top of the foot for 15 minutes every hour for up to 3 hours.
3. If pain persists use Paracetamol. (maximum of two 500 mg tablets every 6 hours. Do not take paracetamol if you have liver disease)
4. If there is excessive bleeding following the procedure, apply pressure to the area for 5 minutes and elevate your foot above heart level for 30 minutes to an hour.
5. If pain or bleeding still persists call your podiatrist.
6. Leave the initial dressing on for 3 days keeping the foot and dressing dry and clean.  
(NB: If the procedure involves sutures (stitches) then please see redressing instructions for 'Soft Tissue Procedures with Sutures' below)
7. Remove the dressing and soak the feet in warm salt water for about 10 minutes. (tablespoon of salt to a bucket of bath temperature water)
8. Pat dry with a clean towel.
9. Apply new dressing of Betadine solution and a supplied sterile adhesive dressing. Repeat every 2 days soaking the foot in between dressings.
10. Return to your podiatrist in 7 days for checking and redressing

## What to expect

- The wound will be moist and look slightly inflamed at the sides for 2-3 weeks.
- It will be slightly tender to touch the area so loose fitting shoes should be worn for the first few days.
- It will take about 3 weeks to heal so extra care should be taken to avoid trauma to the site.
- Once the area is completely dry the dressings may be ceased.

## Soft Tissue Procedures with Sutures (stitches)

Please follow these care instructions following a soft tissue procedure with sutures.

1. The area will remain numb for about 2 hours following the surgery.
2. Pain is usually minimal after anaesthesia but if the foot is excessively painful sit and elevate the foot above your heart level and place an ice pack on the top of the foot for 15 minutes every hour, for up to 3 hours.
3. If pain persists use Paracetamol. (maximum of two 500 mg tablets every 6 hours. Do not take paracetamol if you have liver disease)
4. There should not be excessive bleeding following the procedure. If there is some mild bleeding then apply pressure to the area for 5 minutes and elevate your foot above heart level for 30 minutes to an hour.
5. If pain or bleeding persists call your podiatrist.
6. Leave the initial dressing on, dry and clean until the follow up appointment with the podiatrist.
7. Return to your podiatrist in 10 - 14 days for suture removal and redressing.

## What to expect

- The sutured area will look slightly inflamed at the sides of the wound for about 5 days.
- It will be slightly tender. This is normal.
- It will take about 3 weeks to heal so regular care should be taken during this time.