



- Today, leave the bandage in place. Limit your walking activities. If you notice bleeding on the bandage, this is normal and no cause for concern.
- Tomorrow, you will need to remove the bandaging. To do this, place your foot in 1 quart of warm water with 2 tablespoons of Epson Salts for 15 minutes. This will loosen the bandages and allow you to remove them more easily.
- Soak your foot daily in 1 quart of warm water with 2 tablespoons of Epson Salts for 15 minutes. Do this for 2 weeks.
- After each soak, apply antibiotic ointment (Neosporin, Triple Antibiotic) to the surgical site along with a loose bandaid.
- Do not use hydrogen peroxide or Betadine on the surgical site.
- If you have questions or concerns, please call the office @ 210-829-8770.
- Follow up with your doctor in 2 weeks.