

VANDENBOS AFTER CARE

Patient Name: _____



On the way home...

Sit in the backseat of the car and keep your foot/feet elevated

At Home for the first 12-24 hours:

Keep your foot/feet elevated - helps to reduce any bleeding

For Pain: take your pain medication as instructed by the doctor

IBUPROFEN - Take 600mg (3 x 200mg tablets) every 6 hours

TYLENOL - Take 1000mg (2 x 500mg tablets) every 6 hours

24 Hours After Surgery - The First Soak

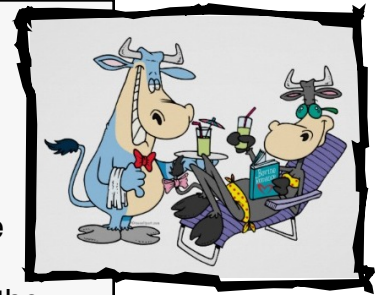
Do your first soak on: _____

- soak your toe in warm water with 1-2 tablespoons of Epsom Salt in it
- remove the big gauze dressing while your toe is in the water - it can take 20-30 minutes or more to remove the first dressing
- it may bleed a lot when you remove the dressing - this is NORMAL with the first few soaks and this is also why you remove the dressing when the toe is in the water

After the dressing is off, continue to soak your toe(s) for an additional 15-20 minutes

After Soaking:

- dry your foot/feet and put 2 square pieces of gauze (2x2) on your toe(s)
- secure the gauze snugly by wrapping the roll gauze around the toe 2-3 times
- use tape to hold the roll gauze in place



Starting on:

- the toe(s) must be soaked 3 times EACH DAY for 15-20 minutes EACH TIME until your toe is HEALED (4-6 weeks)

If you do not soak your toe(s) 3 times each day for 15-20 minutes each time, it will not heal properly (will take longer to heal and look very messy)

FAQs:

- **Can I put cream or ointment on my toe?** *It is not usually necessary to put any cream/ointment on your toe. If your toe(s) continues to bleed after your soak, you can put a blob of Polysporin on the wound(s) before bandaging*
- **My toe looks a bit red and infected. Is this normal?** *Yes, this is part of the normal healing process - **antibiotics are generally not necessary***
- **When should I contact the doctor who did my surgery if I'm concerned about infection?** *You should contact the doctor if the redness worsens or goes beyond the area around the surgery (i.e. if the redness goes beyond the toe, onto the foot) or if your pain worsens*
- **Can I play sports after my surgery?** *No sports, jogging, etc., until your toe is completely healed (4-6 weeks)*
- **Can I shower after the procedure?** *Yes, you can shower after the procedure. Have a shower with the bandages on, then do a 15 minute soak*

FOLLOW-UP: _____

If you have a concern with your toe, contact the doctor who did your surgery.

After 1 week:

- stop bandaging the toe(s)
- leave your toe open to the air as much as possible