

SHELDON FLEISHMAN, D.P.M.
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POST-OPERATIVE INSTRUCTIONS
EXCISION OF VERRUCA

- 1) Stay off the foot and elevate it as much as possible after procedure and until the next A.M. This reduces bleeding, should bleeding occur and soak thru the dressing **DO NOT REMOVE IT.** You may add more gauze to the existing dressing and keep foot elevated.
- 2) Use Advil (ibuprofen) or Tylenol (acetaminophen) as directed for pain or discomfort.
- 3) Remove the dressing the morning after the procedure. Should the dressing stick, put the entire foot into Epsom salt and water mixture of one (1) quart per one (1) tablespoon of Epsom Salt. Soak until the dressing can be removed easily.
- 4) Pat area dry. Use cloth type bandage (band aid) over area. You may need to change the bandage in between soaking times due to excess drainage.
- 5) **DO NOT** use any topical ointment on effected area unless you are instructed the physician to do so.
- 6) You may return to work or school the day after the procedure.
- 7) Soak the area in the Epsom salts solution described above, TWICE per day for 15 minutes, until you are instructed to quit soaking.
- 8) Contact our office at (816) 333-5505 should you have any questions.