

**BLUE SPRINGS PODIATRY  
1050 S. OUTER ROAD  
BLUE SPRINGS, MISSOURI 64015**

**POST OPERATIVE INSTRUCTIONS  
PHENOL AND ALCOHOL MATRIXECTOMY**

- 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 **1 quart per 1-tablespoon Epsom salt.** Soak until 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 by 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) 228-9393 should you have any questions.