Sharp Podiatric
MEDICINE + SURGERY
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POSTOPERATIVE SURGICAL SUPPLIES

The following are post-operative instructions for changing the bandage after surgery. Please note that the dressing should only be changed after your appointment with Dr. Sharp/ Dr. House, 3-5 days after your surgery. The exception to this rule is if the bandage becomes wet or it is saturated from bleeding or is excessively tight. Otherwise, the dressing should be changed after the first postoperative visit.

The dressing should be changed once a day. You should use non-latex gloves and try to not touch the actual incision any more than needed, nor should you touch the side of the dressing that interfaces with the incision and skin.

Hydrogen peroxide should be used with gauze to clean the skin surrounding the site but not at the incision area. Betadine should be used on the actual incision to sterilize this area. Once this is performed; please leave the foot open to air dry for 30 minutes. This is recommended as long as nothing touches the foot; such as pets or children. Adaptic - or other sterile non adhering dressing (Telfa) - should be placed over the top of all incisions and then wrapped with a semi-firm dressing; including 4 x 4s, followed by a wrapping of 3 inch Kling. The Ace wrap also should be placed on the foot for mild compression. The Ace wrap may be removed to apply ice to the foot and to perform range of motion exercises.

Please note the layers and orientation of the original dressing when removing for the first time for comparison. Keeping the foot elevated for the first 24-48 hours postoperatively is very important. Call the office if any problems or questions arise.

In smaller surgeries we may opt for a single large band aid in lieu of the traditional bandage.

LIST OF SUPPLIES:
1. Hydrogen peroxide.
2. Povidone-iodine/Betadine (generic is much cheaper and only a small quantity is needed).
3. Sterile non-adhering dressing: such as Telfa, Adaptic, or Xeroform gauze. Any off label brand works similar to the name brand and the specific type is not important.
4. 4 x 4 cotton gauze (sterile).
5. A 3-inch roll gauze like Kling.
6. Non latex exam gloves

Do not use Betadine if allergic to iodine.