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.