

# Foot Clinic

## Wound Care Advice Sheet

### You have undergone a Minor Operation

#### PAIN

This may be experienced when the local anaesthetic has worn off. The degree of pain is dependent on the site of the area of treatment ie; weight bearing areas tend to be more painful. If necessary take the usual painkiller you would normally take.

#### WEEPING

The treatment site will have discharge for over 3 weeks after treatment. Discharge/weeping may be clear, red or brown. During this time all that is required is to change the dressing daily to keep it clean and free from infection.

#### DRESSING

To make the recovery as swift as possible please clean the wound and dress it in the following manner;

##### YOU WILL NEED

- A. Bowl of clean warm water and a handful of common salt
- B. Surgical Spirit and Cotton Wool
- C. Melolin dressings and Micropore adhesive tape
- D. Zinc Supplement tablets

##### METHOD

1. Bathe the foot for 3-4 mins. Dry the foot without touching the treatment area with a clean towel.
2. Take a cotton bud and dip it into surgical spirit.
3. Use the cotton bud to firmly wipe the wound surface.
4. Try to dislodge any loose debris, scabs or crusts.
5. Apply a new melolin dressing, shiny side against the skin.
6. Hold it in place with micropore adhesive tape.

The first redressing should commence 3 days after the treatment and be continued every 24hrs. If the dressing becomes soiled by the wound commence dressing change earlier and continue every 24 hrs.

You are advised to attend a follow-up visit one week after the procedure and again as necessary. Please ensure you have made the appointment(s). During the follow-up visit(s) you will be examined to ensure your treatment area is healing and progressing as it should and rule out any complications.

If swelling or inflammation occurs or you are concerned about any aspect of your treatment DO NOT suffer in silence. Contact us at any time on the emergency number your practitioner gave you.

We would prefer that you contact us rather than your general practitioner or the casualty department about your wound. We are always pleased to hear from you so do not suffer in silence.

Thank you.