

Northern Illinois Foot & Ankle Specialists
113 W. Main Street, Cary, IL 60013
165 N. Lakewood Road, Suite A, Lake in the Hills, IL 60156
Phone (847) 639-5800 Fax (847) 639-2980

INSTRUCTIONS FOR WOUND CARE FOLLOWING WART SURGERY

SAME DAY:

- Numbness will last for 1 (one) to 4 (four) hours, possibly longer
- White streaking in the foot will quickly disappear as the anesthetic is absorbed
- Some bleeding and oozing is normal, but if excessive, apply direct constant pressure with clean gauze for 15 minutes. An ice pack is also helpful. If bleeding is persistent, call the office
- Extra Strength Tylenol or Advil is usually sufficient for discomfort
- Limit activities today

FOLLOWING MORNING:

- Remove the dressing. Hydrogen peroxide can be used if difficult to remove. You may then shower
- Wash the wound well with soap and water. Do not scrub the site
- After the skin is dry, coat the area well with Betadine ointment (unless you are allergic to iodine or shellfish)
- Cover with a cloth Band-aid. Keep it clean and dry
- Repeat this process one (1) or two (2) times a day
- Limit activities to what you can tolerate. Swimming in a pool is generally allowed but avoid lakes and rivers
- Once the healing process is well underway, the bandage can be removed at night but keep it covered during the day
- Follow-up appointments are very important to monitor healing. It usually takes one (1) month or longer to complete healing
- After you are discharged, continue to check your feet frequently. Because warts are caused by a virus, new warts can appear and are the easiest to remove when small. If left untreated, warts can spread
- Avoid going barefoot in public places such as showers and locker rooms. The wart virus spreads easily in damp conditions so wear flip flops or shower slippers. Protect your feet and keep them clean and dry