



Post-Op Instructions For In-Office Procedures

- **ELEVATE FOR 1-2 HOURS AFTER PROCEDURE**
- Stay off your feet as much as possible today
- Wear your surgical shoe whenever weight bearing
- The surgical area may remain numb for up to 1-2 hours after the procedure
- Slight bleeding, discoloration and drainage are normal
- Elevate your foot to help alleviate minor swelling, bleeding and discomfort
- Ice near the area for 5-10 minutes at a time
- If you were given prescription pain medicine and it is not helping then contact our office
- **Leave the surgical bandage clean, dry and intact for the first 4 days after your procedure**
 - If the bandage sticks to the area, dampen it with water or shower/bathe with the bandage in place. This will make it easier to remove with minimal or no discomfort.
 - After you remove the bandage you can shower over your stitches
 - Place a new Band-Aid over the incision
- Monitor your surgical site for any signs of infection including redness, swelling, and pain that continues to worsen after the surgery
- Monitor for any color changes to your toe(s)

Please call anytime if you have questions or concerns. After hours the answering service will take your call and contact the doctor if you request this. Our phone number is (603) 431-6070.

Thank you!

Dr. Sartori, Dr. Baczewski & Dr. Clark