



Papanui Foot Clinic

Ian Graham & Associates

Dressing Instructions for Verruca Surgery

Contact Details

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Dressing Instructions for Verruca Surgery

Name:

Date:

You have just had your verruca operated on. As the anaesthetic wears off, you will get some throbbing in the foot. If this occurs, elevate your feet and legs, as the throbbing may last for a couple of hours. You may wish to take a Panadol if you don't have any stomach irritations with this medication.

It will take approximately one month for your verruca surgery to heal. Following these points will help your foot heal as quickly as possible.

1. Please keep the foot dry, except for washing. This is very important – NO SWIMMING
2. Wear an open toed sandal/shoe if possible, as this will allow healing to occur a lot faster. If this is not possible, try to avoid shoes which cause pressure on the affected area.
3. The dressing you have on your foot will become soiled, as the wound will bleed after surgery. This is normal and will stop. For the next 2-3 weeks, a fluid will discharge from the wound. This is normal and indicates that the foot is healing.

4. While some minimal discomfort may be felt, please contact me should the foot become painful.
5. Anytime through the recovery period, if you get a sudden increase in redness, pain, throbbing in the foot or you feel feverish, you will have an infection and you need to see your GP immediately.
6. **Dressing Changes:**
 - a. The day after your operation soak the foot in a bowl of warm water containing one teaspoon of Epsom salts or normal table salt, for 5-10 minutes.
 - b. Dry carefully – usually with a paper towel.
 - c. Swab the wound with betadine ointment.
 - d. Cover the wound area only with a low allergy wound dressing, eg. Cutiplast, Handypor, or Elastoplast sensitive (available from the chemist or at our clinic). Repeat this dressing twice daily until the discharge stops.
7. Continue this treatment until the foot stops discharging, which is generally three weeks.

If you are at all concerned about your foot, or there is a change in your foot's condition, please contact me immediately (contact details on front page).