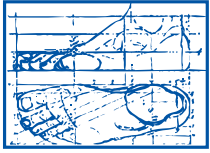


post-op care



**ALEXANDRIA
PODIATRY
ASSOCIATES**

**Dr. Jeffrey S. Coster
Dr. Jeffrey L. Graziano
Dr. Joonhyun Yoon
Dr. Monique Rolle
703-379-0700 (office)**

YOU HAVE JUST HAD A LASER SURGICAL PROCEDURE

1. Fortunately, because of the procedure method used, you should have minimal discomfort after the anesthesia wears off. If given a prescription, follow the instructions on the label.
2. A small amount of blood is to be expected. Do not be concerned if you notice a small amount of blood on the bandage.
3. Try to keep off your feet as much as possible today. When sitting prop up your foot about six inches above the level of your body.
4. Starting two days after the surgery, prepare a solution of warm water and a tablespoon of Epsom salt (table salt may be used if necessary) in a small pan, enough to cover the area worked on.
5. Soak the affected area for 15 minutes, two or three times a day unless instructed otherwise.
6. Dry the area and apply Polysporin or Neosporin ointment and a Band-Aid after each soak.
7. If any unusual situations arise, call the office even if it is after hours.
8. Please remember to make and keep your follow-up appointment.