

Post-Op Instructions

Vandenbos Surgery

The first 24 hours

1. Keep your foot/feet elevated as much as possible for 24 hours to reduce bleeding
 - a. On the drive home sit in the backseat of the car and elevate your foot/feet. Do not put your foot up on the dashboard. This is unsafe.
2. For pain (do not exceed the amount listed below). Use as needed.
 - a. Ibuprofen: 600mg (3 x 200mg tablets) every 6 hours
 - b. Acetaminophen: 1000mg (2 x 500mg tablets) every 6 hours

Note: you can alternate between Ibuprofen/Acetaminophen every 3 hours if needed (*dosage for children is lower)

Do your first soak 24 hours after surgery

1. Soak foot in warm water with 1-2 tablespoons of plain epsom salt
2. Remove all the gauze while your toe is in the water
3. It can bleed a lot during the first few soaks. This is **NORMAL**
4. Soak for 15-20 minutes after the dressing has been fully removed

How to apply bandages to your toe(s)

1. Dry your foot and put 2 of the square gauze pads on the wound
2. Secure the gauze **snugly** by wrapping the roll gauze around the toe 3-4 times
3. Use any kind of tape to hold the gauze in place
4. It should feel snug, but not too tight

Note: If your toe continues to bleed a lot during/after your soak you can put a marble size blob of polysporin ointment on the wound area prior to bandaging and wrap several extra times snugly. Then elevate your foot. **Otherwise do not apply ointment**

Soaking Routine/Healing Process

Starting 2 days after your surgery:

1. soak your toe(s) 3 times EACH DAY (morning/afternoon/evening) for 15-20 minutes each time (with plain epsom salts) until your toe is healed (4-6 weeks)
2. If you do not soak your toe as per the directions above there is a higher chance of infection/complications in the healing process
3. After 1 week, stop bandaging your toe after the soaks and leave your toe open to the air. You can bandage for sleep/school/work
4. Your toe(s) will look a bit red and infected throughout the healing process around the wound area. If your toe is completely red, the redness is going into your foot or if you are concerned about infection, text a photo to the doctor or call for an appointment
5. No sports/jogging for 6 weeks. There are no restrictions on showering. You can have a shower with the bandages on, then do your soak

If you have a concern/question:

For appointment related questions call the clinic.

If you have a question about your toe text the doctor that did your surgery. If you have an urgent concern, please call rather than text.

Follow-Up

Text or email a clear photo of your toe(s) to the clinic once a week (state your name and date of surgery)