

Post-Procedure Care Instructions After Verruca Acid Application

- 1) Remove the bandage in 48 hours. Wash well with soap and water. If there is any discomfort, pain, burning or tingling remove the bandage ASAP and wash with soap and water.
- 2) Once the foot is dry, apply compound W to the foot once a day with no bandage. If there is any significant pain stop the compound W.
- 3) You will continue the daily cleaning and applying the compound W until you return in two weeks.
- 4) Shoes need to be cleaned daily after each wear with a product like Lysol that will kill the virus.
- 5) Your bathroom areas where you go barefoot will need to be cleaned daily with a product that will kill the virus like Lysol.
- 6) Do not walk barefoot in your house as the virus is contagious.
- 7) You can also take over the counter Tagamet, this will block the replication of the virus while we are killing the cells.

Post-Operative Care Instructions After Toenail Procedure

1. Remove the bandages in the evening, after your procedure.
2. Clean the surgical area well with plain soap and water every day for the next 7 days.
3. Apply Revitaderm Gel to the toe and cover with a band-aid daily for the next 7-10 days, then stop all dressings.
4. If you have continued drainage past 7 days, you may soak your foot in Epsom Salt for 20 minutes a day until the drainage stops.
5. If after 7 days you still need to keep the toe covered during the day, make sure to keep it uncovered in the evenings and during the night
6. Most patients do not require pain medication after this procedure. However, if you are having pain you may take Tylenol or Aleve if you are not allergic.
7. Please be sure to follow these instructions for the best possible outcome/results.
8. Do not forget your follow up appointment with the doctor.
9. Refrain from pedicure services until drainage is no longer present and your toe has healed.

Appt Date: _____

**IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE
DO NOT HESITATE TO CALL US AT 940-268-3839.**

STRETCHING EXERCISES



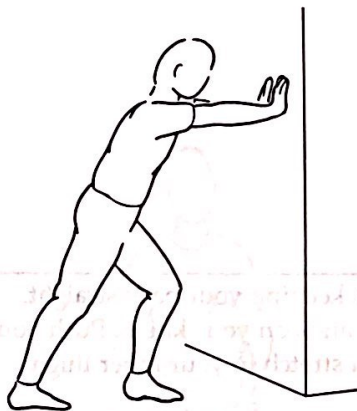
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Kneeling Stretch

Starting on your hands and knees, put the bottoms of your toes flat on the floor and sit back on your toes as much as you can. Then point your toes backward and sit back again.

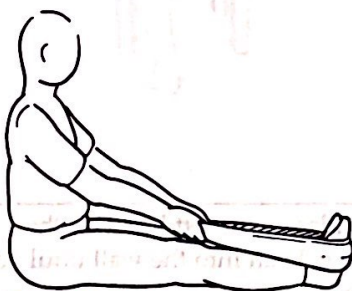
Hold ___ seconds. Repeat ___ times per day.



Standing Calf Stretch

Place your hands on the wall. Putting your weight on one leg, extend the other leg behind your body, keeping both heels on the floor. Lean forward, bending the front leg, until you feel a gentle stretch in the calf of the rear leg. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



Seated Calf Stretch (towel stretch)

Sit on the bed with both legs stretched straight in front of you. Fold a towel lengthwise and position it across the ball of one foot. Keeping your knee straight, pull the ends of the towel to pull your toes toward you until you feel a stretch in your calf. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



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Seated Hamstring Stretch

Sit with one leg straight on the bed and the foot of the other leg on the floor. Slowly lean forward to stretch the leg, keeping your back flat while leaning forward. Alternatively, sit on a chair with one leg extended and your heel on the floor or a footstool. Lean forward with your back flat. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



Quad/Hip Flexor Stretch

Stand or lie down with your right leg bent. Holding the right foot with your right hand, gently pull the heel towards your buttocks until you feel a stretch in the front of the leg. Keep your upper body straight; do not lean forward. To increase the stretch, pull with enough pressure so that the right knee passes behind the left knee. Reverse legs and repeat.

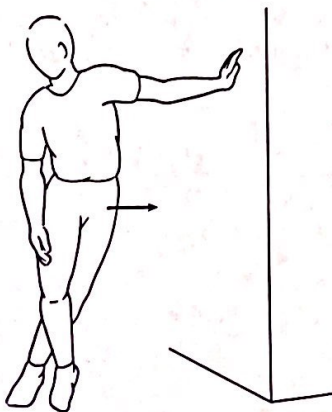
Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



Adductor Stretch

Sit on the floor with your back against a wall, keeping your back straight. Put the soles of your feet together and your hands on your knees. Push your knees down towards the floor until you feel a stretch in your inner thigh.

Hold ___ seconds. Repeat ___ times per day.

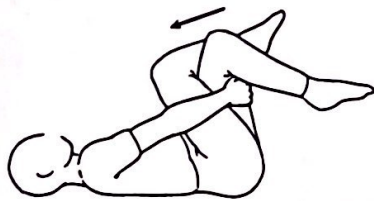


IT Band Stretch

Stand with your left side 2-3 feet from a wall. Place your left hand on the wall and cross your right leg across your left leg. Lean into the wall until you feel a gentle stretch in your left leg. Turn around and reverse arms and legs to stretch right leg.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.





Piriformis Stretch

Lie flat on your back with knees bent. Cross the right knee over the left thigh. Stabilize the left thigh with your arms. Gently pull the right knee toward your chest until a comfortable stretch is felt in the buttock/hip area. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



Piriformis (trunk twister) Stretch

Sitting on the floor, cross your left leg over the right thigh. The left foot should be on floor outside of the right knee. Place your right elbow on the outside of the left knee. Gently stretch by pushing the elbow into the knee, keeping your back straight. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



Hip Capsule Stretch

While seated on a chair, put your left ankle over the right knee. Keep the ankle in place as you let the left knee fall downward until you feel a stretch in the hip. To increase the stretch, push down gently on the left knee. Reverse legs and repeat.

Hold ___ seconds. Repeat ___ times for each leg, ___ times per day.



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This information has been prepared by the Consumer Education Committee of the American College of Foot and Ankle Surgeons, a professional society of 6,200 foot and ankle surgeons. Members of the College are Doctors of Podiatric Medicine who have received additional training through surgical residency programs.

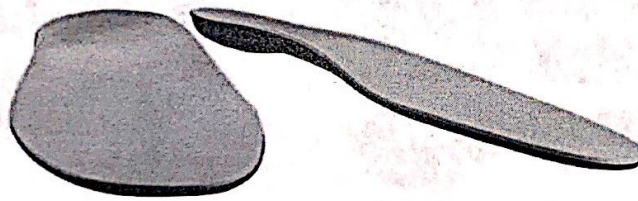
The mission of the College is to promote superior care of foot and ankle surgical patients through education, research and the promotion of the highest professional standards.

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Heat Moldable Diabetic Insole

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Comfortland Diabetic Insole Heat Moldable DR628

This full length foot orthotic is made to protect the feet of those who are in danger of skin breakdown and ulceration due to diabetes or neuropathy in the extremities. The dual density diabetic shoe insert is heat moldable at temperatures of 230 degrees Fahrenheit or higher.

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- Dual density construction
- Contoured for optimum comfort

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POWERSTEP ORTHOTIC INSOLES



Dr. Richey-Smith recommends **PowerStep®** Insoles which are considered the #1 podiatrist recommended brand of prefabricated insoles on the market today. Featuring an innovative design for both comfort and support, these insoles have been proven clinically effective in alleviating a variety of foot conditions, including plantar fasciitis. **PowerStep** Insoles come with a 30-day satisfaction guarantee, and shipping is always free. You can purchase the inserts on *Amazon.com* or directly on their website, *Powerstep.com*. Dr. Lesley Richey-Smith recommends the Pinnacle Max and Powerstep ProTech.