



POST OPERATIVE INSTRUCTIONS

289 Anzac Highway, Plympton
(opposite the Highway Hotel)

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PODIATRY
SERVICES SA

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Phenol and Alcohol Matrixectomy

Following the procedure

1. Keep the foot elevated for the rest of the day.
2. Keep the foot dry. Bathe the affected foot in a plastic bag and or glad-wrap/plastic gloves until you next see your podiatrist.
3. Follow any orders given by the Podiatrist and take pain-relieving and other medication as directed. It is not recommended that you take anti-inflammatories, but pain relief like Panadol is fine.
4. Ensure the dressing stays on and dry. If there is any blood leaking through on the bandage, add more dressings rather than removing and replacing.
5. Contact your podiatrist if you have any concerns.
6. Your podiatrist will change the dressing at your next appointment.

Guidelines

Twice a day (at morning and night) you should;

- a) Shower/bath as usual.
- b) Dab dry with a clean tissue.
- c) Apply betadine antiseptic solution and cover with an island dressing.



7. Keep the wound covered until the Podiatrist advises otherwise.
8. Wear open toed shoes for the first 24-48 hours. Then wear enclosed shoes as tolerated.
9. Once again, if you have any concerns contact your Podiatrist.



Any concerns? Please call on

08 8297 4808