



UNIVERSITY PODIATRY ASSOCIATES, LLP

JOHN A. FINNELL, D.P.M. JILL MIGON, D.P.M

ELIZABETH PLOVANICH, D.P.M. AUDRA SMITH, D.P.M.

MEDICINE AND SURGERY OF THE FOOT

## Postoperative Instructions – Flexor Tenotomy

Leave the bandage placed today clean, dry and intact until your next visit. If the bandage gets soiled or wet, please contact the office before changing the bandage yourself.

Call the office if you are having bleeding that soaks the dressing.

Some discomfort is normal. Take whatever you ordinarily would for mild pain e.g. Tylenol. Call if you feel you need something stronger.

Use a garbage bag and duct tape to cover your foot or sponge bathing for the next few days to ensure the dressing stays dry while bathing.

Use your post operative shoe at all times. The bandage placed is designed to hold the toe as straight as possible; you do not want to scrunch the toes into a closed shoe to prevent the toe from healing straight.

Please call the office if you are having issues.  
608-831-8086