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Dear Patient,

The local anesthetics should last approximately 8 hours. You can take over the counter pain medication such as Tylenol or Advil to control the pain as needed. Icing and elevation will also help to control the pain. Reduce your activity level for the next three weeks. As discussed, you can expect some pain, swelling, redness, heat and discharge from the toe for the next three weeks.

Please follow these post-op instructions the following morning after surgery:

1. Soak your foot in **1 Liter of lukewarm water with 1 tablespoon of Epsom Salts** for ten minutes. Dry your foot thoroughly.
2. Apply a small amount of the prescribed Fucidin H to the base of the wound.
3. During the day, apply a Band-Aid to keep the toe clean. At night, remove the Band-Aid to air out the wound.

The above instructions are to be repeated twice daily for three weeks.

If you have been prescribed any oral antibiotics by your family doctor or myself, take them as directed. Please return to the clinic for a post-op follow-up as directed to check for infections.

Thank you,

Dr. Sunny Lai & Dr. Midy Liou