



South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

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Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care
Foot, Ankle & Leg

Total Ankle & Big Toe
Joint Replacements

Reconstructive Foot,
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot & Ankle Surgery

Achilles Tendon
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries
Ankle & Lisfranc

Reconstructive
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &
Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

Post Procedure Instructions

Cantharone Application for Plantar Wart

1. Leave the tape on for 24 hours. If the tape falls off, cover with an adhesive bandage.
2. Keep initial tape dry for 12 hours. You may bathe normally. The tape can stay on and will dry on its own.
3. Blistering is normal and expected, keep covered with an adhesive bandage.
4. Bleeding is normal. If the bleeding does not stop, apply bandage, ice and elevate the foot. If it continues, please call out office. This is uncommon.
5. If you have discomfort, take Tylenol and stay off the foot. Call us if the pain is significant. This is uncommon.
6. You may wear your normal work or athletic shoes as tolerated
7. If you see significant redness or experience significant pain, please call our office
8. It is likely that multiple applications of Cantharone and skin debridement may be necessary to remove the plantar wart completely. We will let you know what we will expect during your visit.

Partial & Total Nail Avulsion

1. Take the bandage off when you start to experience discomfort. If the bandage sticks, apply saline or peroxide to loosen
2. Bleeding is normal. If the bleeding does not stop, apply bandage, ice and elevate the foot. If it continues, please call out office. This is uncommon.
3. If you have discomfort, take Tylenol and stay off the foot. Call us if the pain is significant. This is uncommon.
4. Soak your foot twice a day in a basin of warm water and Epsom salt (3-5 tablespoons for 15 minutes). Massage the skin away from the nail so drainage can occur. Following soaking apply Neosporin cream and an adhesive bandage. This will be necessary 1-2 weeks.
5. You may bathe normally. Apply Neosporin or prescribed cream and a band-aid twice a day for 2-4 weeks. This will enhance the healing process
6. You may wear your normal work or athletic shoes as tolerated, if not, wear open toed shoes with caution.
7. If you see significant redness or experience significant pain, please call our office

Skin Lesion Removal

1. Take the bandage off when you start to experience discomfort. If the bandage sticks, apply saline or peroxide to loosen
2. Bleeding is normal. If the bleeding does not stop, apply bandage, ice and elevate the foot. If it continues, please call out office. This is uncommon.
3. If you have discomfort, take Tylenol and stay off the foot. Call us if the pain is significant. This is uncommon.
4. You may bathe normally. Apply Neosporin ointment and a band-aid twice a day for 2-4 weeks. This will enhance the healing process
5. You may wear your normal work or athletic shoes as tolerated
6. If you see significant redness or experience significant pain, please call our office.

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