

Biondi Medicine Professional Corporation

465 Grand Ave. W. Chatham - Office phone: 519-352-3210

Vandenbos Procedure for Overgrown Toe-Skin: Post-Surgical Care Instructions

Supplies you will need to have at home before the surgery so you are ready:

- lots of 2x2" gauze
- 2 inch roller gauze (Kling)
- Epsom salt
- Medical Tape

1. On the way home

- Keep your foot/feet elevated in the car

2. At home for the 12-24 hours

- keep your foot elevated, this helps to reduce any bleeding
- lie down and put several pillows under your foot/feet
- For Pain: take advil 400 mg every 4 hour as needed

3. 24 hours after surgery

- soak your toe in warm water with 1-2 tablespoons of Epsom Salt in it
- remove the big gauze dressing while your toe is in the water - it can take 20-30 minutes to remove the first dressing
- after the dressing is off, continue to soak your toe for an additional 15-20 minutes
- it may bleed a bit when you remove the dressing - this is NORMAL with the first few soaks and this is also why you remove the dressing when the toe is in the water

4. After soaking

- dry your foot/feet and put 2 square pieces of gauze (2x2) on your toe(s)
- secure the gauze snugly by wrapping the roller gauze around the toe 2-3 times
- use tape to hold the roll gauze in place

5. Starting the day after your first soak, soak your toe 3 times EACH DAY!

- the soaking and wrapping procedure MUST be done 3 times each day until your toe is healed (~6 weeks)
- if you do not soak your toe 3 times per day, it will not heal properly (it will take longer to heal and look messy)

6. Be sure to make an appointment to see Dr. Biondi again 2 weeks after the surgery to monitor healing

- **Call the office if you have any concerns - please come to see Dr. Biondi if you are worried instead of going to the emergency room!**

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IMPORTANT:

- do not put any cream or ointment on the open wound
- it is normal for your toe to look a bit red and infected - this is part of the healing process - antibiotics are NOT necessary after surgery
- you should contact your doctor if the redness goes beyond the toe (onto the foot)
- elevate the foot for a few hours if the redness on the toe worsens while walking in the first couple of weeks; no sports, jogging, etc., until your toe is completely healed (after 4-6 weeks)
- See www.overgrowntoeskin.ca for more information

Regarding Return to Work/School:

- For a minor procedure, the Vandembos will still limit your abilities for some time!
- It will be difficult to participate in physically active work or sports, especially while the wound is fresh
- Time your surgery so that you have enough time to recover before you need to get back to your activities

Regard Pain:

- This is common in the first 24 hours after the procedure; it starts to let up by the 36-hour mark and people really complain about it by day 3
- I used to prescribe opioids for this but try not to anymore due to concerns about addiction
- Please use ibuprofen and Tylenol to manage her pain
- Ibuprofen 800 mg every 8 hours as needed for 2 days or so [high dosing like this should not continue for more than 2 days]
- Tylenol 1000 mg every 8 hours as needed for 2 days or so
- Lay on your back and put your leg up at 45 degrees—this will reduce throbbing pain by 50%

Regarding Wound Bleeding:

- It is not uncommon with the first dressing change, 24 hours after the procedure, to see the wound who was a lot of blood, even to spurt blood; the salt water bath you use may look like a bucket of blood; do not worry, do not panic, just complete the 15-minute soak and then put enough gauze on to stop the bleeding; wrap the gauze lightly, you do not want to strangulate the tissues, if it still bleeds despite putting the gauze on, lay down and put her foot up at 45 degrees
- This is common after the procedure, sometimes bleeding soaks through the dressing
- Every once a while, someone will bleed through the dressing and onto the floor even in the waiting room while waiting to book their follow-up appointment
- This bleeding is nonlife threatening, do not remove the dressing
- The best way to manage this bleeding that happens postop, usually for 2 to 3 hours, is to lay down your back and elevate your foot at 45 degrees