

# WOUND CARE INSTRUCTIONS

DR. JOHN M. WHITE, DPM

## Wart Removal Instructions

- 1.) Remove dressing tonight.
  - 2.) Wash wound with soap, warm water, and a clean wash cloth.
  - 3.) Dry completely with clean gauze.
  - 4.) Apply antibiotic ointment and a light band aid.
  - 5.) Repeat twice a day for 1 week; Then once a day until healed.
- Tip: Irrigate with ear bulb.

## Biopsy Instructions

- 1.) Remove dressing tonight.
- 2.) Wash wound with soap, warm water, and a clean wash cloth.
- 3.) Dry completely with clean gauze.
- 4.) Apply antibiotic ointment and a light band aid.
- 5.) Repeat twice a day for 3 days then once a day until healed.

## Wet web space Instructions

- 1.) Wash feet and between toes with soap, warm water, and a clean wash cloth.
- 2.) Dry between toes completely with clean gauze and let air dry with manicure toe spacers or a hairdryer (on low heat 30 secs.)
- 3.) Apply medication to the affected area.
- 4.) Put gauze between toes to separate them.
- 5.) Repeat twice a day for 3 days then once a day until web space becomes dry.

## Fungus Toenail

- 1.) Apply anti cream to toenails, toes, and feet sparingly passing *lightly* between the toes. If properly applied, you should not see any residue. Twice
- 2.) a day for 4 weeks then once daily for maintenance.
- 3.) Apply lotion to feet and legs. DO NOT apply lotion between toes. Twice a day for 4 weeks then once daily for maintenance.
- 4.) Use the anti-fungal nail solution to all toenails daily for 90 days.
- 5.) Take oral pill by mouth as prescribed by Dr. White.

## Ulcer Instructions

- 1.) Wash wound with soap, warm water, and a clean wash cloth.
- 2.) Dry completely with clean gauze.
- 3.) Apply antibiotic ointment and a light dressing.
- 4.) Repeat twice a day for 3 days then once a day until healed.
- 5.) STAY OFF OF FOOT UNTIL ULCER HEALS.



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## Medications to be used

- Hibiclens soap
- Saline wash
- Neosporin
- Mupirocin ointment
- Triple antibiotic ointment
- Nystatin cream - anti-fungal
- Lac-Hydrin lotion - skin hydrant
- Fungi nail lacquer
- Terbinafine – oral anti-fungal
- Iodine
- 70% Isopropyl Alcohol
- Castellani Paint
- Gentian Violet



## Dressings

- 4x4 gauze
- 2" non-adhesive bandage
- Band aid
- 2" conform wrap or coban

## Contact Information

Should you have any questions please contact Elizabeth at 903-792-2121 or email her at [Elizabeth@JMWDPM.com](mailto:Elizabeth@JMWDPM.com) You may also visit our website at [JMWDPM.com](http://JMWDPM.com).