



TOTAL FAMILY FOOTCARE

## ADVANCED PODIATRY SERVICES

HOWARD A. PENN, D.P.M., F.A.C.F.S.

1271 RIDGE ROAD, LACKAWANNA, NY 14218

(716) 824-9835 Fax: (716) 827-7095

[www.drhowardpenn.com](http://www.drhowardpenn.com)

**Diplomate:**

American Board  
of Podiatric Surgery

Board Certified in  
Foot Surgery

**Fellow:**

American College of  
Foot & Ankle Surgeons

**Member:**

American  
Podiatric  
Medical  
Association

New York  
Podiatric  
Medical  
Association

American  
Diabetes  
Association

American  
Arthritis  
Foundation

**Staff Podiatrist:**

Mercy Hospital  
Our Lady of Victory

**Caring, soothing  
relief for:**

- Corns
- Calluses
- Ingrown nails
- Fungal nails
- Heel Pain
- Bunions
- Hammertoes
- Diabetic  
foot care
- Arthritic  
foot care

**Convenient  
care with you  
in mind:**

- Morning and  
evening,  
appointments
- 24-hour  
emergency  
care
- Same-day  
appointments
- Most insurances  
accepted

### POST-OPERATIVE NAIL INSTRUCTIONS

1. If you experience any throbbing sensations after the numbing medicine wears off, elevate your foot on 2 pillows and apply ice bag for 30 minutes on and 30 minutes off. Keep repeating until the throbbing disappears.
2. If you continue to experience any pain, you may take 1 to 2 plain Tylenol every 4 to 6 hours as needed. If you have an allergy to Tylenol, the doctor will instruct you to use other medications.
3. If you experience any bleeding, reinforce the dressing to increase the pressure around the toe. If it continues, please call the office at 824-9835.
4. Start soaking the following morning in 1 tablespoon Epsom Salts to 1 quart lukewarm water for 15 minutes. Repeat in the evening.  
**NOTE:** For your first time, soak with the original sterile dressing **on** for 10 minutes, then remove for the remaining 5 minutes. This will prevent irritation of the skin.
5. After soaking, apply hydrogen peroxide, dry off, and apply the antibiotic ointment and cover with a bandaid.
6. Please call the office **IMMEDIATELY IF:**
  1. You may develop a fever of chills.
  2. The pain is not relieved with Tylenol.
  3. There is red streaking around the toe, foot, and /or leg.
  4. If you injure your foot.
  5. If you have any other concerns.

Thank you in advance for your cooperation. We wish you a speedy recovery.

If you need to contact the doctor after hours, please call 725-7470.

Our Website is : [www.drhowardpenn.com](http://www.drhowardpenn.com)