



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

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
St. Joseph Hospital

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. (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:**
 - a. You develop a fever or chills.
 - b. The pain is not relieved with Tylenol.
 - c. There is red streaking around your toe, foot, and/or leg.
 - d. If you injure your foot.
 - e. If you have any other concerns.

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

If you need to contact after hours, please call the toll-free pager number **1-877-836-4783**, listen to the brief message, enter your telephone number, hang up, and Dr. Penn will call you back shortly.

Website: www.drhowardpenn.com