

Taking Care of Your Toe After Tenotomy Procedure

Dr. Amy Winter – Podiatrist

To take care of your incision your tenotomy, you will need to have: Betadine solution, small gauze 1x1's, and paper tape.

1. Keep the bandage on the toe(s) for 24-hours
2. Do not get the toe or bandage wet
3. Wear your black post-operative shoe whenever walking or standing
4. You may take Tylenol if needed for pain relief
5. After 24 hours, then you may remove the bandage
6. Do not shower with the bandage still on your foot
7. You may take a shower after 24 hours but DO NOT soak the toe(s)
8. Then once a day change the bandage at the incision. Apply Betadine solution using a Q-tip to the incision, then with a small piece of folded gauze and paper tape to cover the incision and stitches. (Note: Betadine stains badly. To remove the Betadine stain, apply peroxide right away and soak it up).
9. After the incision has a new bandage on it, you may wear gym shoes or open toe shoes. Do NOT wear shoes that pinch your toes together, do not wear dress shoes. Ok to wear gym shoes, slippers or sandals. You can still wear your black post-operative shoe instead.
10. Be sure you have an appointment at the office to see me one week after your procedure.

Please call the office if you have any problems, red streaks going up the foot, bad odor or increased drainage on the gauze.

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