

Angel Chiropody & Podiatry Redressing Pack Instructions

You should change your dressing **24hrs** **48hrs** after your visit

- 1 Carefully remove and dispose of the old dressing, being careful not to touch the inside.
- 2 Wash your hands with soap and water for at least 20 seconds
- 3 Add 1tbsp of salt per 500ml to a bowl of warm water. When it is comfortable enough for you, gently bathe your foot for 5 mins then carefully pat dry with a clean towel
- 4 Allow to dry for five minutes
- 5 Gently wipe the area with the alcohol swab. As instructed by your Podiatrist, gently dab the single-use iodine applicator onto the wound
- 6 Carefully apply the new dressing supplied by your Podiatrist
- 7 Repeat the above 24hrs for the following 3-4 days, or as directed by your Podiatrist



Important

Do not bathe for 24hrs or let the dressing get wet after leaving the Clinic. Showering is preferable to bathing. Don't put any soap, lotion or moisturiser directly on your wound. Don't pick or scratch the wound (the itch means that it's healing).

If you notice any of the following, you should contact your GP and let them know immediately

- Swelling, pain or redness moving upwards from the wound area
- Any discharge or odours
- If you the wound area feels warm to the touch or if you feel unwell for more than 4hrs