

# WOUND CARE INSTRUCTIONS



OXFORD  
PODIATRY

(619) 567-3556

Oxford Podiatry

336 Oxford St., Ste. 104.  
Chula Vista, CA 91911

P/F: (619) 567-3556

AT  
OXFORD PODIATRY  
WE CARE ABOUT YOU



Dear Patient,

You have developed a wound. Proper wound care is important for preventing infections and helping wounds heal.

PLEASE FOLLOW  
THESE  
INSTRUCTIONS:



- o \_\_\_\_ times per day.
- o Every \_\_\_\_ days.
- o Until next appointment.
- o Until wound is healed.



- o Soak foot in a solution of Epsom salt and warm water – 2 tablespoons of Epsom Salt per quart of water. If you do not have Epsom salt you can substitute with white vinegar.
- o Apply triple antibiotic or Neosporin ointment to wound.
- o Apply \_\_\_\_\_ medication to wound (supplied by office).
- o Cover with gauze.
- o Cover with band-aid.
- o Apply felt offloading pad (supplied by office).
- o Do not get foot wet. Try to sponge bathe while wound is healing.
- o Limit activity. Wound cannot heal if you are putting too much pressure on it.