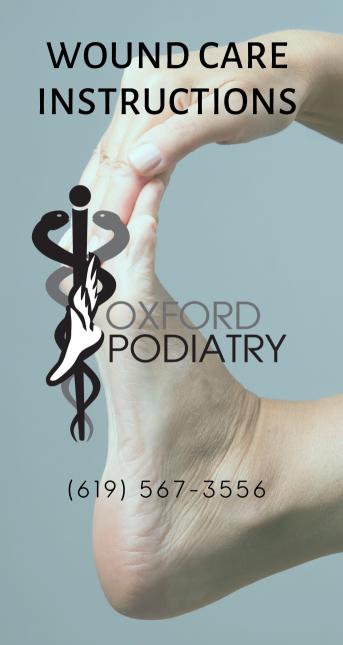
Oxford Podiatry

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.