

Foot and Ankle Surgery Protocol

1. Diabetic Care
2. Diseased Nails
3. Durable Medical Equipment
4. Foot and Ankle Surgery
5. Heel Pain
6. Nail and Wart Surgery
7. Skin Hyperkeratosis
8. Skin Infections
9. Trauma and Micro Trauma
10. Ulcer
11. Shoe Pain

Foot and Ankle Surgery Protocol Products



Step 1

Step 2

Step 3

Step 4

Step 5

Foot and Ankle Surgery Protocol

- **Step 1: Pre & Post Op Scrub**
 - a. Pre-Operative Care- Scrub surgical site while showering beginning three days before surgery and on the morning of surgery.
 - b. Post-Operative Care- Wash the surgical site daily in the shower after all bandages are permanently removed until product is consumed.
- **Step 2: Shoe & Insole Hygienic Refresher Spray**

Spray post operative shoe or immobilizing brace daily to reduce the risk of infection.
- **Step 3: 1/4" Heel Lift with Immobilizing Device**

Apply 1/4" Heel Lift to the shoe opposite the immobilizing device to equalize the length of both limbs. Heel Lifts can be stacked to obtain desired height.
- **Step 4: Arnica Ice Soothing Gel**

Massage directly into skin after bandages are removed twice daily to reduce post-operative pain, bruising and swelling. Wash hands after application.
- **Step 5: Moisturizing Crème**

Massage directly onto scar in opposite direction of the scar tissue (cross fiber). This step begins at home four to six weeks post operation.