

Cryosurgery Post-Operative Instructions (neuroma)

- ❖ Keep the dressing on until the following day. You may then take it off and bathe as normal. Dry the area and apply antibiotic ointment and cover with a Band-Aid.
- ❖ For the next 3 days reduce your activity. You are permitted normal walking to tolerance. That means if your foot begins to ache, reduce your activity.
- ❖ Foot pain may occur, each person is different. Some claim pain for a few days that eases, others state they had immediate resolution of the pain but after 10 days the pain slowly began returning. Although most patients only need the procedure once, there are those who may need it repeated in two weeks.
- ❖ Whether your foot hurts or not when resting you are advised to elevate your leg and apply ice. Ice should be applied directly over the surgical site for 20 minutes every 1-2 hours for the first 24-48 hours.
- ❖ For pain take either: Tylenol, Motrin, Aleve or a prescription pain medication
- ❖ Although problems are very rare with cryoablation, they can occur. Redness, swelling and severe pain can occur, but it is rare. If you note redness above normal, streaks from the incision site, drainage, and severe pain call the office immediately.
- ❖ If there are any problems or questions, please call the office at 251-626-5065. The emergency back up number is 251-990-6825