

# BELLEVUE PODIATRIC PHYSICIANS

## Showering or bathing with your postoperative foot

It is important to realize that getting your dressing wet could cause wound healing complications and infection! In order to prevent that, we would like to give you some strategies for showering or bathing.

1. For the first few days, you may decide that **sponge bathing** is all that you can do. This is because foot elevation is extremely important and cannot be done very well while showering or bathing.
2. Bathing is easier than showering when it comes to keeping your foot dry. We recommend putting a Hefty™ tall kitchen garbage bag over your foot and dressing, then hanging your foot outside the tub. You can use your crutch to 'bridge' over the tub and rest your foot on the crutch.
3. Showering and keeping your foot dry is more difficult. We recommend either getting a commercial shower bag (waterproof cast/bandage protector) for your foot and leg. We have these available at our clinic.
4. Wrapping your foot in a specific manner as follows:

Wrap a dry hand towel around your ankle. Place two Hefty™ tall kitchen garbage bags over your foot and ankle and over the towel. Place a rubber band over the bags so they sit above and below the towel. Shave your leg and duct tape the top of the bag to your leg.

If your bandage gets wet, you should call our office and possibly come in for a dressing change. We do not want you changing your dressing on your own, without telling us!