



Dr. Lanhuong Thi Pham, D.P.M.

Dr. Joel Robinson, D.P.M.

**119 Medical Circle
Sulphur Springs, Texas 75482**
including Satellite offices

P: (903) 885-2754 F: (903) 347-1207

Email: phamfootdoc@gmail.com

SHOWER INSTRUCTIONS – Post Surgery / Post Procedure

- After your surgery and when your surgeon gives you the confirmation that it is safe to shower, follow these instructions.
- Prior to showering, place a layer of Neosporin ointment / Triple antibiotic ointment over the incision to reflect water.
- After showering, wipe off the Neosporin ointment / Triple antibiotic ointment, and apply a dry sterile dressing
- If instructed by the provider, splint the toes with gauze.
- If steri-strips were applied, place a layer of Neosporin ointment / Triple antibiotic ointment directly over the strips and incision, and wipe away after showering. Steri-strips are designed to fall off on their own within 7-10 days.
- Patients with allergies to Neosporin may use Bacitracin or Polysporin instead.

