



***Thomas F. Vail, D.P.M., F.A.C.F.S.***

Podiatrist –Foot Surgeon  
1725 Western Ave., Suite C  
Findlay, Ohio 45840  
419-423-1888

*Board Certified – American Board of Podiatric Surgery*

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**Tarsal Tunnel Decompression 3 Week Post-Op Instructions**

- The patient is advised to wear a tie tennis shoe, no sandals, loafers or slip on shoes, if uncomfortable using surgical shoe.
- No Orthotics for 2 more weeks.
- Wear a tubi-grip sock for swelling during the day-off at night.
- Change dressing daily with dry gauze and replace steri-strips as needed for one week.
- The patient is also advised to do contrast baths as needed for swelling as follows: Soak in 104 degree water for 2 minutes followed by ice water for 45 seconds. Repeat for 10 minutes. This should be done 1-2 times daily.

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