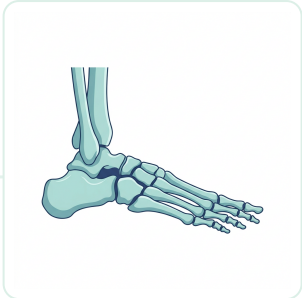


PATIENT EDUCATION · IN-OFFICE MINOR PROCEDURES

Foreign Body Removal

Splinters, glass, debris, and other foreign objects can become lodged in the foot, causing pain, infection risk, or difficulty walking. Wigley Feet can remove select foreign bodies when appropriate for an office-based setting.



For educational illustration only.

At a Glance

Focus area	In-Office Minor Procedures
Goal of care	Splinters, glass, debris, and other foreign objects can become lodged in the foot, causing pain, infection risk, or difficulty walking.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a foreign object lodged in the foot
- Those with pain or signs of infection at the site
- Patients needing safe removal of debris from the foot

How We Evaluate

- Examination of the area
- Imaging when needed to locate the object
- Assessment for infection

When to Seek Care

- A painful object stuck in the foot
- Redness, swelling, or signs of infection
- Difficulty walking due to a foreign body

Treatment Options

- In-office removal when appropriate
- Wound care and infection monitoring
- Referral when a different setting is appropriate

What to Expect

1

A plan for safe removal when appropriate

2

Aftercare and infection guidance

3

Follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY	DURING SURGERY	AFTER SURGERY
• Complete any requested labs, imaging, or medical clearance • Review your medications with us — some may need to be paused • Follow eating/drinking instructions if anesthesia is planned • Arrange a ride home and loose, comfortable clothing • Wash the foot the night before; remove nail polish if asked	• Local anesthesia numbs the area for most office-based procedures • You may feel pressure or movement, but should not feel sharp pain • Most procedures take roughly 30–90 minutes • Our team monitors your comfort throughout	• A sterile dressing protects the surgical site • You may receive a surgical shoe or boot for walking • Mild soreness is normal as numbness wears off • Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Can I remove a deep splinter myself?

Deep, painful, or infected foreign bodies should be evaluated. Patients with diabetes or circulation concerns should seek care promptly.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.