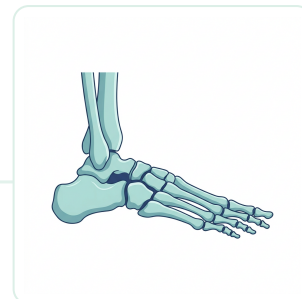


PATIENT EDUCATION · IN-OFFICE MINOR PROCEDURES

Wart & Skin Lesion Procedures

Warts and other skin lesions of the foot and ankle can cause pain, pressure, or persistent irritation. Wigley Feet evaluates and treats select painful or persistent skin lesions when clinically appropriate.

At a Glance



For educational illustration only.

Focus area	In-Office Minor Procedures
Goal of care	Warts and other skin lesions of the foot and ankle can cause pain, pressure, or persistent irritation.
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 painful or persistent foot warts
- Those with a skin lesion causing irritation
- Patients with lesions that have not resolved on their own

How We Evaluate

- Examination of the lesion
- Discussion of treatment options
- Biopsy or pathology coordination when appropriate

When to Seek Care

- A painful or spreading wart
- A skin lesion that is changing or not healing
- Persistent irritation from a lesion

Treatment Options

- Conservative treatments when appropriate
- In-office procedures for select lesions
- Referral or biopsy based on findings

What to Expect

1

A plan based on the lesion type

2

Guidance on aftercare

3

Follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE 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

DURING SURGERY

- 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

AFTER SURGERY

- 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

Should I treat a wart myself?

Persistent, painful, changing, or spreading lesions should be evaluated. Patients with diabetes or circulation concerns should seek professional care.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Academy of Dermatology — aad.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.