

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

Listen to our Podcasts and view our videos on foot and ankle problems at: www.rfainstitute.com, Visit us on Facebook or Twitter.

Daniel D. Michaels, DPM, MS & Associates

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702
Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

We provide Comprehensive Foot and Ankle Care® to our patients with offices currently in Frederick and Hagerstown, Maryland. From basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, we provide a one-stop shop for all your needs. For your convenience, all recommended medicines and foot-care products are available through our in-office and online retail stores www.rfainstitute.com. Same day and emergency appointments are available without a wait. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery we have advanced training in all types of foot and ankle surgery to ensure your optimal outcome. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers.

WHAT TO DO ABOUT SPLINTERS:

The warm, sunny weather of spring is an invitation for us to shed our shoes and socks and run barefoot. But doing so can be risky since running or walking (both inside and outside) can lead to problems for your feet. Needles, broken glass, small tacks, hairs, or splinters of wood can be hidden in the carpets of your home, and those are only the problems inside your house.

Outside, the obstacles can be even more varied and dangerous. While small splinters can be removed at home, any large or deep splinters in the foot should be removed by our Institute. Anyone with diabetes should be especially vigilant, since a small splinter can grow quickly into a serious infection. To remove small splinters, clean a tweezers with an alcohol wipe and wash your hands and the affected area thoroughly. Grasp the visible end of the splinter with the tweezers and pull gently. Most splinters will come out easily. If you have any trouble removing the splinter, contact our office immediately. You can soak your foot prior to your appointment to soften the skin, but do not attempt to open the skin. Wipe the area with antiseptic and cover with a Bandaid®, then head to a podiatric

physician's office. Also, contact Dr. Michaels immediately if the area becomes red, swollen, or hot to the touch, either after you remove a splinter or if you cannot see any foreign body under the skin. These are all signs that you may have missed part of the splinter or have an infection, and your podiatric physician will need to do further treatment of the area. Whatever is imbedded in your foot will determine how the podiatrist will treat you, but deeply imbedded foreign bodies may even require a surgical procedure.

One good way to avoid splinters is to wear shoes both in the house and outside. There are many great options for spring besides bare feet, so keep feet healthy and happy by making good choices and avoiding splinters.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at www.rfainstitute.com or make an appointment with one of our state of the art offices in Maryland:

Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702

To make an appointment at our Frederick office, please call 301.418.6014. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our Hagerstown office, please call 301.797.8554. 1150 Professional Court, Suite C, Hagerstown, MD 21740

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care®.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates