



# Discharge information leaflet following Foot & ankle surgery.

## Patient information Leaflet

June 2020

Name of Operation-

Anaesthesia – General / Spinal /Local (Please select the appropriate one)

Please understand that post-operative course varies from patient to patient. These general instructions are meant as guidelines for your smoother recovery. They DO NOT cover any specific aspects of your individual operation. If you have any questions that have not been answered, please ask. WE ARE HERE TO HELP.

**What do you need to do?**

Rest When returning home, you must rest for at least the first 48 hours.

Elevation This is very important for good pain relief and better wound healing. Your foot should be elevated above the heart level by propping up on a few pillows. Any activity with foot in a dependent position i.e. walking/sitting with foot down on the ground should be kept to minimum- at least till the wound heals.

Weight bearing

You will be clearly told about your weight bearing status at the time of discharge by the physiotherapist or the ward nurses.

It is very important to adhere to the instructions given by the physiotherapists and use special footwear as advised.

If you are non-weight bearing after the operation, the physiotherapists will make sure that you have been provided with appropriate walking aids and you are safe to go home before discharge.

Wound care

All wounds and plaster casts must be kept dry at all times.

Please DO NOT interfere with the dressings or plaster in any way. If there is a problem, ask the nurse before discharge or ring for help.

Your stiches will be removed at your 2-week visit. Some stitches are dissolvable and will fall off.

If there are any signs of potential wound infection like localised or spreading redness, swelling, temperature, discharge, or pain; please get help either from the GP or by calling us on the number provided. If there are any major concerns, attend accident and emergency or walk in centre.

Sometimes you will have metal wires sticking out of the toes. If they become loose or dislodged, DO NOT try to push them back. Call for advice.

Bleeding

Bleeding is common after foot and ankle surgery. You will notice oozing through bandages but this is nothing to be concerned about. If active bleeding continues and bandage is saturated, please get help.

Swelling

Swelling is very common after EVERY foot and ankle operation. Elevation helps to

reduce the swelling.

Swelling can persist for up to a year following foot and ankle operations. Usually you will notice that your foot is not swollen first thing in the morning after overnight rest and elevation but get swollen towards the end of the day because of activity during the day.

### Pain

Everyone experiences pain. Unfortunately, some will experience more pain than others. You will have local anaesthetic or nerve block at the time of operation, but pain will start as this wears off. You will be given pain killers at the time of discharge. ELEVATION will help pain relief in a big way.

### Driving

Driving is best avoided for first 2-3 weeks. Whether you are allowed to drive or not will depend on what operation you have had. Please discuss this with your surgeon before discharge if it has not already been discussed.

You should NOT drive if your leg is in a plaster.

### When to get help

If toes become numb, cold, white/blue or if they are difficult to move and/or you experience pins and needles.

If the bandage or cast is tight or is digging.

Any signs of infection mentioned under wound care.

If your pain is severe and is not improving with elevation and pain killers.

If in doubt, it is best to ask!

Follow up appointments will be sent through the post.

We are interested in your prompt recovery. Please comply with above instructions and advice.  
Contact number- 0161 922 4917.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگوئج، انٹرپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

**Document control information**

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