

*Better  
Together*

## Patient information

### **Advice Following Your Foot Surgery**

Trauma and Orthopaedic Directorate

## **Keep your bandages in place and undisturbed.**

They have been put on in a particular way which helps support your foot. The bandages will be removed in clinic for the first time up to two weeks after your surgery.

## **Keep your bandages clean and dry.**

If your wound is allowed to get wet, this may cause complications such as infection and delayed healing.

We **do not** recommend placing a plastic bag over the bandages to shower, as water tends to get in. Instead, we ask you to have a stand up wash, or if you are able, a shallow bath with your leg supported on the side of the bath or on a board across the bath.

Support your leg in a raised position, so that the level of your heel is above the level of your hip. This will help to reduce your pain and swelling, which happens after your surgery. The nursing staff on the ward will advise you about painkillers before you leave the hospital. Please tell the nurses what painkilling tablets you have at home.

In some cases you may notice a small area of blood leakage, which has soaked through to the outer bandage. This is normal and usually dries up, becoming darker in colour. However, if you notice the bleeding is steadily increasing or dripping from the bandage, despite continuing to highly elevate your leg, you should attend the Emergency Department (A&E). You will also need to let your specialist nurse know so she can arrange an earlier clinic review.

If you have increased pain and notice any oozing or smell through the bandages, or if you begin to feel generally unwell / “flu-like” symptoms, this may be a sign of infection.

You should contact your family doctor (GP) for advice and also contact the specialist nurse during normal office hours, to bring your clinic appointment date forward.

Keep mobile using your postoperative shoe and crutches (if recommended) and exercise your limbs, as instructed by the physiotherapist. This helps to prevent the development of blood clots due to reduced mobility, by maintaining your circulation. Exercises also help to prevent joint stiffness.

If you have a plaster on then it is likely that you will be non-weight bearing (hopping) using crutches for two to six weeks after surgery. You will receive full instruction and supervision on how to walk and climb stairs safely before you go home.

Your Consultant will let you know how long you are likely to need off work and this will depend on your job. Before you are discharged, a medical certificate may be given to cover the expected time off you will need.

## **Further Information**

### **Orthopaedic Specialist Nurse**

**Tel: 0151 282 6000 and ask for bleep 4634**

**Text phone number: 18001 0151 282 6000 - bleep 4634**

### **Secretaries**

**Tel: 0151 282 6813/6746**

**Text phone number: 18001 0151 282 6813/6746**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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