

Patient information

Foot and Ankle Post Operative Wound Care

Orthopaedics Broadgreen Hospital

This information leaflet has been given to you as you have just had recent foot and ankle surgery. We expect you to follow the instructions given to you by your healthcare provider and to take responsibility for your own aftercare.

Please be reassured that if there are any concerns or worries you can contact the available contact on this leaflet to help you answer any questions you may have.

Where possible shower instead of a bath to reduce the risk of your wound/dressing getting wet and come off. If unable to shower, have a bath with the affected leg/s out of the bath or rested on a platform. **do not** put a plastic bag over the wound as this will cause more hazards plus water can still get in. You can purchase a cover called **limbo** to help shower while in dressings or plaster.

Dressings

You should have been given an appointment for two weeks after your surgery date. Within this time, you should try and keep your dressings dry, clean, and undisturbed this will help prevent infection to your wound.

Wires

Within some foot and ankle surgery you may have wires coming out of your toes. This is normal and they will be taped to secure them in place which will reduce movement. If your wire is becoming loose or came out of your toe, please contact your specialist nurse.

Plaster Cast

Sometimes when coming out of surgery you will be put into a cast or half a cast. Ensure you keep this clean and dry while waiting for your appointment. This will be itchy underneath, please **do not** put anything down or into the cast. If there are any problems with the cast, please contact your specialist nurse or the plaster technicians. The plaster technicians should give you a leaflet regarding a device that helps refract from the cast getting wet.

Elevation

While you're healing it is important to keep your leg elevated. This helps reduce the swelling which can also help reduce the post-operative pain. To gain best reduction is to keep your ankle above your heart, do this by sitting down and elevating higher than the bottom of the chair you are sat on.

What to do if there are problems with your wound:

- Excessive strike through (blood through your dressing).
- Excessive swelling around the cast.
- Wire problems.

Please contact your specialist nurse (number is on the bottom of this leaflet) if there is a problem Mon-Fri between 8 and 4 pm. After these hours seek medical attention via the Emergency Department (A&E).

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions regarding your Foot and Ankle please contact Sharon Moore and Gabrielle Jones

Foot and Ankle Clinical Specialist Nurses

Tel: 0151 282 6471

Tel: 0151 282 2000 (ask for bleep 4634)

Foot and Ankle Secretaries

Tel: 0151 282 6746 / 6813

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