



Patient Information

Guidelines following Foot Surgery

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

- It is important to rest with your foot/feet raised, level with your hips when you are sitting. This will prevent swelling and encourage healing.
- The circulation in your legs will be improved by walking around the house for a maximum of five minutes every hour and moving your toes and ankles for five minutes four times daily.
- Keep the dressing dry and clean.
- Do not drive for two weeks, until the stitches are out and you feel you can safely perform an emergency stop.
- Stitches should be removed in ___ days by your practice nurse (please phone your surgery to make an appointment). The dressing may be removed after ___ days.
- If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.
- If you have been given a support stocking to wear on your unaffected leg, it is important that you continue to wear it day and night until you are fully mobile (at least 24-48 hours). The stocking should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

You were given the following pain killers while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at



Guidelines following Foot Surgery

Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Planned Care
Department: Day Surgery Unit
Approved Date: 15 September 2020
Next Review Date: October 2023
Document Number: PC - PIL0186