



Guidelines following Podiatry 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.

The first 48 hours

It is important that you rest your foot as much as possible during this time. You should lie down in bed or on a sofa so that your feet are at the same level as your chest.

You can get up to go to the toilet but this is the only time you are allowed on your feet.

You must wear the post-operative shoe at all times when you want to walk. You can weight bear on the foot that has been operated on unless told not to do so by the surgeon or discharging nurse.

If you have been prescribed pain killers to take home it is recommended that you take the full dose during the first 48 hours.

You will also be asked to do some exercises with both feet for 5-10 minutes every two hours while you are awake. This involves moving your ankle joints so that you pull your toes towards your knee and then point them away from your knee repeatedly. These exercises are important as they help to reduce swelling and minimize the risk of getting a blood clot in your leg.

From two days to two weeks

During this time you can start to be more active. You can bear weight on your feet for up to _____ minutes / per hour while you are awake. When you are not on your feet it is recommended that you sit down and elevate the leg that has been operated on so that it is at least level with your hip.

You do not need to continue to do the foot exercises.

You can now take the pain killers as you feel you need to but do not exceed the prescribed maximum dose.

You must keep your foot dry and avoid getting the dressing wet. You may wish to view some products available that can help at www.limboproducts.co.uk

Your dressing will usually be changed at two weeks following the surgery either in the out-patients department or at your General Practice.



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From two weeks to four weeks

You can continue to be more active and bear weight on your feet for up to _____ minutes / per hour. It is still recommended that you sit with your feet elevated to hip level when you are not weight bearing. The pain from the surgery should be reducing each day; it is unlikely that you will still need to take regular pain relief at this time. You can stop wearing the post-operative shoe and bathe your foot at _____ weeks. If your surgery has involved creating a fracture to one of the bones or fusing a joint you will normally be seen back in the out-patient department at four weeks where your foot will be X-rayed.

From four weeks to six months

It is normal for the foot to be swollen around the site of the surgery for at least three to six months. This may mean wearing a wide fitting shoe such as a trainer or sandal when you come out of the post-operative shoe. It is normal to experience some discomfort in the area as it usually takes 6 months to settle down following surgery.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them day and night until you are fully mobile. The stockings 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).

Follow up - If required an outpatient appointment will be sent through the post _____.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

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 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 any alcohol.



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- 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.
- Do not 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 General Practitioner 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. You can also call 111 for advice or visit www.111.nhs.uk

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

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