

Patient information

Foot surgery

The surgery that has been planned for you to have as a day case is:

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Following your surgery

- You may experience some mild to moderate pain. This can be relieved by taking painkillers. If on discharge you are given 3 - 5 days supply of painkillers, these may be taken as prescribed; otherwise paracetamol or similar pain relieving medication is appropriate (see separate pain information leaflet).
- Should any bleeding occur, apply moderate pressure and elevate your foot.
- Please leave any dressing intact. The operation site needs to be kept clean and dry until the stitches are removed.
- Your wound will be reviewed approximately 2 weeks after your surgery and any stitches will be removed as necessary.
- You may experience some swelling in your toes and foot; this is normal. It is important to keep your foot elevated on a stool / sofa or on a pillow when in bed, for 48 hours.
- To help prevent swelling and stiffness you can gently rotate your foot and ankle and wriggle your toes.

These are some exercises you can do to help prevent swelling and stiffness.

- Gently rotate your foot and ankle.
- Gently wriggle your toes

Walking instructions.....

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Outpatient appointment.....

This will be sent to you

Return to work.....

Driving.....

Contact your GP or GP out-of-hours service if:

- you experience severe pain
- any bleeding does not stop by the suggested method
- your wound becomes red, hot and/or produces a discharge, you may have an infection

If you require any further advice, please contact the Martin Corke Day Surgery on 01284 713959 between 7.45am and 8.00pm, Monday to Friday.

Orthopaedic surgical nurse practitioner on 01284 713924 between 8.30am and 5.00pm.

Outside of these hours please contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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