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Tel: 01223 726789



Cambridgeshire and
Peterborough
NHS Foundation Trust

Day Case Foot Surgery

Podiatry Department

CLIENT FILE COPY

The Information in this folder is to assist you in the recovery period after your foot operation

Even though you have been referred by your Doctor for a pre-surgical consultation, surgery is only advised if it is considered necessary as such procedures can have some risk for the patient. The Podiatrist will advise you about any particular difficulties in your case that you may wish to consider before agreeing to proceed.

Patient Information and Advice Folder

Date of surgical assessment: at

Date of your operation: at

Date of your first examination: at

Date of your suture removal: at

Date of your second examination: at

Acceptance of post-operative instructions by the patient, parent or guardian of the patient.

I confirm that I have read, or have had the instructions explained to me prior to the operation and that I will abide by them.

I confirm that I will have a responsible adult to stay with me for at least the first 48 hours after the operation.

I confirm that I have been advised of the possible post-operative complications.

Signed:

Date:

Date of surgical assessment: at

Date of your operation: at

Date of your first examination: at

Date of your suture removal: at

Date of your second examination: at

When you have been given a date for your operation please sign and return this page to us.

You must not drive or operate machinery on the day of surgery.

You must not drive whilst you have the stitches in or wearing the post-operative shoe.

You should rest with the foot elevated above hip level for three full days after surgery.

You must keep the dressing dry, should it become loose, wet or dirty you should return to have it changed. **Do not remove the dressing yourself.**

Whilst you have the dressing on, do not place the foot in a bath or shower. **Do not** cover the foot with a plastic bag or other waterproof cover **at any time** unless advised.

If you have a Dog or Cat, do not allow it to sit on your dressing.

If you feel that the dressing is too tight, return to have it changed.

Should you experience extreme pain the back of your leg or chest you must go to your doctor or the accident and emergency department immediately.

NB. Please arrange to have a blood test (full blood count) and an MRSA screening test done at your doctor's surgery approximately 3 weeks prior to your surgery date. Your doctor will be expecting you to

Your surgical procedure will take place at the:

Podiatry Surgery Department
The Oak Tree Centre
1 Oak Drive
Huntingdon
Cambridgeshire
PE29 7HN.

Your surgical procedure will be carried out as an out-patient procedure and you would normally not be expected to stay in the clinic for longer than three to four hours.

PATIENT COPY

You are advised **NOT** to bring any valuables, jewellery, rings etc. It is necessary to remove items of jewellery whilst in the operating room. Neither the Clinic, or Cambridgeshire Community Services NHS Trust can accept any responsibility for their safety.

We ask you **NOT** to have any nail polish on your toes or finger nails.

Your operation will take place under a local anaesthetic. Do not worry about this as you will not feel the operation, though you may feel the Podiatrist touching the other toes.

You can of course assist in the avoidance of post-operative complications by following our instructions. For example by following our advice on resting after the operation, you can assist in the reduction of post-operative swelling and pain. You should resist the temptation to walk too soon, or excessively after the operation. Often there is little post-operative pain and this may mislead you into thinking that you can do more than you should.

The post-operative care is as important as care in surgery. You must rest the foot as much as possible to assist in a satisfactory result. A list of post-operative care instructions is attached, and a signed copy of your acceptance needs to be given to the attending podiatrist.

Let the Podiatrist know if there is any change in your health. Even a cold or minor foot injury can affect the outcome of your operation, which could be postponed. Please also advise us if there is any change to your medication between the time of your pre-operative examination and the date of your operation.

Acceptance of post-operative instructions by the patient, parent or guardian of the patient.

I confirm that I have read, or have had the instructions explained to me prior to the operation and that I will abide by them.

I confirm that I will have a responsible adult to stay with me for at least the first 48 hours after the operation.

I confirm that I have been advised of the possible post-operative complications.

Signed: -

Date: -

Date of surgical assessment: at

Date of your operation: at

Date of your first examination: at

Date of your suture removal: at

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Tel: 01223 726789

Questions often asked

IMPORTANT: These questions and answers are for general guidance. If the Podiatrist gives you specific advice which differs from the general guidance given here, please follow the Podiatrists advice. If you have any doubt or questions please ask.

Q. On the day of my operation. What will happen when I arrive at the Clinic?

A. You will be met by one of the staff, who will escort you to a changing area. You will be asked to undress and change into a surgical gown. After this you will be introduced to the surgical team and photographs taken if appropriate. The operation and consent will be confirmed with you. Then your blood pressure will be taken and the local anaesthetic administered. Your feet/foot will now be washed and covered for protection. You will then be taken to the operating theatre.

Q. Can I eat before I come for my operation?

A. Yes, you can have a light meal and a drink before you attend.



Q. Will I have much pain after the operation?

- A. Everyone has a different pain threshold, but experience shows that very few patients experience severe pain, especially if you follow the advice on resting. You will be given pain relief before you leave if appropriate. If you wish you may ask your Doctor for some form of painkiller prior to your appointment.

Q. You say that I have to rest with my foot elevated for three days, how can I go to the toilet?

- A. You should have no difficulty in walking to the toilet. In fact you do not need to stay in bed. If you rest on the settee with your foot on the armrest you should be quite comfortable. Your foot should be 30cm or 1 foot from horizontal and slightly bent at the knee.

Q. When can I walk?

- A. Whilst walking and bearing weight can stimulate circulation and promote healing, we advise you to walk as little as possible during the first 7 days after surgery and whilst you have the stitches in.

If you experience pain when walking you should rest with your foot elevated. Do not walk with a straight leg, bend your knee and remember if you are using a single walking stick or crutch it should be used on the OPPOSITE side to that of the operation. If provided with crutches please observe the written and verbal advice provided with them.

For further information about this service contact:

Email: cpm-tr.podiatry@nhs.net
Tel: 03307 260077

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Tel: 01223 726789
Email: communications@cpft.nhs.uk
Website: www.cpft.nhs.uk

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Remember after surgery you must **rest** for at least the first **two weeks**. This means that you **will not** be able to run around looking after young children, do house work, gardening or stand whilst cooking meals.



The shoe provided must be worn every time you put your foot to the floor.

Something to remember: If you continue to wear the same shoes that you had before your operation or wear shoes of the same “size”, the condition may return. Then it may be too late to undertake further corrective surgery.

Do not be in a rush to return to active walking, running or sports. A few weeks off will not greatly affect your sporting activities, but using your foot too soon may well affect the rest of your life.

The Podiatry Day Surgery Clinic does not provide patient transport.

Q. When do the stitches come out?

- A. Between 12 and 14 days after surgery in most cases. A number of days after the stitches have been removed you will notice that the dead skin along the incision line will start to peel. This is normal. We usually advise the daily application of moisturising cream after the stitches have been removed.

Q. When can I wear my shoes?

- A. This will depend to some extent on the operation that you had. After surgery you will be given a post-operative shoe, you will be required to wear this shoe until the stitches have been removed.

After surgery it is possible that your foot may swell (especially if you walk too soon) and you may have to wear an open type of shoe for a month or more. Care must be taken to ensure that the shoe does not rub on the surgical scar line. It is also possible by the very nature of the surgery that your foot will change shape. You may need new shoes of the correct size. If this is the case you must advise the shoe shop assistant that you have had a foot operation and that you need to have your foot measured, particularly the width across the toes. Remember it is pointless to wear the shoe that may have contributed to your problem, if you return to them the problem may recur, and then be difficult to correct.

Q. When can I have a bath?

- A. You can have a bath any time after surgery but, you must not get the dressing wet. Do not cover the dressing with a plastic bag (it doesn't work) or other waterproof cover at any time unless advised otherwise by this department..



You can get the wound wet the day after the sutures are removed or as advised.

You should only get your foot wet for a few moments the first time and gently pat the scar dry.

Q. When can I drive?

- A. You will **NOT** be able to drive or operate any machinery or use a cycle on the day of your operation. You are advised **NOT** to drive whilst the sutures are in and or you are wearing a surgical post-operative shoe. At five weeks postoperatively in most cases driving can be resumed after consent from your surgical team

You may notice after surgery, that there may be a certain degree of swelling in or around the surgical site and it may take a number of weeks for this swelling to subside. The length of time taken will often relate to the amount of activity you undertake in the immediate post-operative period. **Rest is important.**

You may find that after a bath that the surgical site becomes red or purple, this is normal and may occur for a number of weeks after your operation. Often the skin will peel around the incision this is noticeable a few days after the sutures have been removed.

If you have had a bunion operation it is possible that you will find that you are walking on the outside of your foot, you may continue to do this for up to six months after surgery.



Q. You say that there may be complications. What would they be?

A. Complications are rare, but we feel that you should be aware of some of them so that you can make the decision as to whether you should have the operation.

Examples are:

- The necessity for further surgery
- Infection: Unusually, post-operative pain, which may last for some considerable time after surgery
- Swelling of the foot or toe. It may take a number of months for this swelling to subside
- Complex Regional Pain Syndrome: Damage to nerves that may cause areas of numbness or lack of sensation
- Poor scarring
- A stiff joint
- Deep vein thrombosis.

A common problem is that you may experience a sharp stinging sensation for a fraction of a second, this can happen every now and again for about 6 to 8 weeks after the operation.

It will take the body over a year to repair the operation site. You can help in reducing the risk of complication by following our advice.

Q. My friend had to stay in hospital for a few days after a foot operation. How is it possible for me to be seen as an outpatient?

A. Your friend may not have been a suitable candidate for day surgery. It is possible that he or she was unable to have someone stay with him or her after the operation. Possibly additional tests may have been required.

Q. Why must I have someone stay with me after surgery?

A. This is for your own safety. Although exceedingly rare it is possible that you may feel unwell after surgery, or you may fall and require assistance. You should also let us have the telephone number of the location that you will be staying at after the operation.

Q. If I find that I cannot have someone stay with me after the operation will I have to cancel my appointment?

A. Yes. We will endeavor to give you another appointment as soon as you can get someone to stay with you.

Q. When can I return to work?

A. You must allow at least 4-6 weeks after a toe operation, and 6-8 weeks and sometimes longer for some procedures. Obviously it will also depend on the type of work you do, as well as the nature of the surgery. If you have a physical job or one that requires the use of special shoes you may be advised to take more time off than if your work is mostly seated.

Q. If I am ill before my operation should I cancel?

A. Yes. If you are feeling unwell near the date of your operation or if either you or a member of your household is suffering from an infectious disease you are advised to contact the Clinic.

Telephone (01480) 418538. Monday to Friday in normal office hours or leave a message on our answerphone.

Q. Will I have to return to the Clinic after my operation?

A. You would normally be expected to return 4 to 7 days after the operation to have the dressing changed, and again in a further 10 to 14 days to have the stitches removed. After that you will be seen again in approximately 6 weeks for a follow up examination and again at 6months for a discharge assessment.

Q. Can I expect to have blood on the dressing?

A. It is possible that the dressing may become blood stained. If the stain is no more than about 2 inches wide there is normally no problem. If you are concerned please contact us. **DO NOT** attempt to change the dressing. The dressing may have been fitted in a special way (In the form of a splint).

Q. If I get the dressing dirty or wet can I change it myself?

A. NO you should return to the Clinic as soon as possible especially if you get the dressing wet. Should the Clinic be closed you should call the emergency number given to you at the time of your operation failing that you should contact your Emergency Doctors Service (Hunts Doc) or visit your local Accident & Emergency Department. Tell them that you have had a foot operation, show them the operation advice documents we have provided you. Advise them to contact the emergency number provided to you after surgery.

You must then return to the clinic as soon as possible as the original dressing may have been used as a splint and have to be replaced.

Q. If I have a problem or a question about my operation whom can I contact?

A. If you have a problem or are concerned about anything please contact the Clinic on 01480 418538. If it is out of normal working hours please leave a message and we will call you back as soon as possible. If you have a clinical problem after your operation and it is out of Clinic hours please contact the emergency number supplied on your postoperative advice sheet.

Q. I require a “sick note” can I have one?

A. The Clinic is not able to issue one. You will be able to obtain a note from your own doctor.