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Cambridgeshire and
Peterborough
NHS Foundation Trust

After your Foot surgery

Information for Patients

Podiatry Department

Please read this leaflet carefully

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A surgical procedure has just been performed on your foot. The amount of discomfort will vary from one patient to another. In order to help minimize swelling and pain and to ensure good healing, please follow the advice in this leaflet.

After the Procedure

Getting About

You must not drive or operate machinery whilst you have the stitches in or are wearing a post-operative shoe, please speak to one of the surgery team to discuss when you can return to driving.

Pain Relief

Please take your prescribed pain medication regularly and follow the instructions on the packet/s. Begin taking the medication before your anaesthetic wears off as this has been proven to control post-operative pain more effectively. It is important that you eat small meals regularly, take plenty of fluids and rest regularly for the first 3 days. If you experience nausea or vomiting, please call the team for advice.

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service
Freepost: CPFT PATIENT EXPERIENCE (All capitals)

Desk: 01480 398 542. New Mobile: 07973 794 593 Happy to accept texts.

Cambridge office: 01223 726 774 Free phone: 0800 376 0775

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1st Redressing Appointment:

on:

at:

Suture Removal Appointment:

on:

at:

Looking after your dressing

- Check your dressing regularly. A small amount of blood-like discharge coming through the dressing is considered normal (2 inches / 5cm diameter), sit down and elevate the leg above your heart. However, if the dressing continues to become soaked in blood, you must contact the surgery team.
- Should the dressing become loose, wet or dirty please return to the surgery team for a redressing. Under no circumstances must you attempt to remove the dressing without speaking to the surgery team first.
- You must keep your foot CLEAN and DRY.
- Do not place the foot in a bath or shower.
- DO NOT cover the foot with a plastic bag, speak to the team about suitable waterproof covers.
- If you feel like the dressing is too tight please return to the surgery team to have it changed.

If you get the dressing wet you run the risk of introducing an infection into the wound.

Keep your dressing away from cats and dogs as this presents as a potential infection risk.

Looking after your foot

- You should rest with the foot elevated above your hip level for the first 2 days after your surgery. Keep your walking to essential manoeuvres such as going to the toilet and back.
- In bed at night you can leave the leg in a normal horizontal position.
- During the day, lower your leg down every hour and spend a few minutes moving your foot and ankle up and down, this will help reduce swelling and improves circulation.
- Continue to keep elevating the leg whenever you are sitting for the first couple of weeks.

Emergencies

Pain

If you are in unbearable pain, a daytime or early evening call the team (see below). Unbearable pain may be defined as pain, which is severe enough to prevent normal functions such as sleeping, eating or even talking.

The first 24 hours can be an uncomfortable period. Most patients, however, find a significant reduction in pain after the first 24 hours although the first three days may continue to be uncomfortable. If pain is worsening after 3-days, please call for advice.

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