

Foot/Ankle Surgery – Post-operative Patient Information

Analgesia

- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is when the swelling peaks.
- Using the pain medication regularly and as directed will help with keeping the pain under control and enable you to recover quickly.
- Taking pain medication before bedtime will assist in sleeping
- Icing the foot/ankle can also aid in pain relief.
- Ice can be applied for 20-minute periods, 3-4 times per day. Use a thin cloth or towel on the skin then the ice pack.

Wound Dressings

- **Keep the dressings dry and intact unless advised by Dr Hazratwala directly.**
- Please consult the individual operation notes for dressing instructions.
- If for any reason the bandages become blood soaked, please contact the rooms as they may need to be changed.
- It is not uncommon for a small amounts of blood to be on the dressings.
- If bright red blood persists despite elevation and application of ice if able to, please call our Practice Nurse – Alicia (07)4727 4111.
- Elevate the area as much as possible for the first 1-3 days to decrease the swelling.

Weight Bearing

- You may weight bear as tolerated. You may also required crutches to mobilize.
- If you have been instructed NOT TO WEIGHT BEAR on your foot, then please follow these instructions carefully.
- You may or may not have been ordered a boot or shoe. You must wear this when mobilising. You may remove the boot or shoe when lying down.

Aspirin

- You may have been given a script for aspirin 100mg. Please take the aspirin for a full **6 weeks** following your surgery. This is to prevent DVT formation. If you cannot take aspirin please contact the rooms for an alternative medication.

You must not to drive for one week after surgery or while in a boot or shoe.

The Practice Nurse – Alicia will see you 10-14 days after your knee arthroscopy. This appointment will be in your discharge information. **Please collect your x-rays on discharge from the hospital.** If unexpected problems, emergencies or other issues occur, please call me, or my nurse Alicia at (07) 4727 4111 or email alicia@tsvllc.com.au