



Post operative instructions for patients in a cast

Obtaining the best result after surgery requires your input.

After surgery your foot and ankle will be in a below knee plaster. This is not a complete cast.

You cannot put weight on your cast and will require crutches, frame or a knee scooter.

In Hospital

You will be seen by Mr Curry prior to discharge who will explain the surgery and any instructions for your post operative care.

You will see a physiotherapist in hospital prior to being discharged and they will

- Ensure you are safe with crutches, frame or knee scooter and can go home.
- Provide you with general exercises to undertake.

Initial 2 weeks

For the first 2 weeks after the surgery you should undertake the following:

- Elevation
- Rest as much as possible- you can be up to the toilet and about the house, but most of your time should be resting with your foot up.
- Non weightbearing

Rest and Elevation

This reduces swelling, reduces pain and minimises the risk of wound problems and infection.

The ankle should be above the level of your hip while sitting or on a pillow at night.

Non weight bearing

You are to put none of your weight on the operated leg

Post operative problems

If you are struggling in any way and are experiencing any of the problems outlined below please contact Mr Curry's rooms on **(03) 99286560**.

- Infection of the wound.
- The wounds feel painful and hot.
- You notice redness moving up the leg.
- You notice a discharge from the wound or the wound begins to smell.
- You feel unwell with a fever.
- Increased swelling.
- Your toes change colour and become cold.
- You develop pain in your calf.
- There is excessive fresh blood coming from the dressings, which has not stopped with elevation.
- Your pain relief is not helping to control your pain after you have rested with your limb elevated.
- You are experiencing side effects due to the medication.
- You have got your cast wet.

Post operative appointment

You will have an appointment to see Mr Curry at 2 weeks from your surgery.

At this appointment the following will occur

- Review by our Nurse Practitioner to
 - Remove sutures,
 - Apply boot or splint depending on your surgery.
- Review by Mr Curry to explain the findings at surgery and provide advice for exercises and a recovery plan.

If you have any questions or require further information please contact Mr Curry's rooms on **(03) 99286560**.