



Post operative instructions for a post op shoe

Obtaining the best result after surgery requires your input.

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.

After surgery your foot will be in a crepe bandage.

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

- Fit you with the post operative shoe.
- Ensure you are safe with crutches and can go home.
- Provide you with general exercises to undertake.

The post operative shoe is to be worn at all times, even in bed.

You can put all of your weight through the shoe to walk.

The dressings are to remain in place unless you are instructed otherwise by Mr Curry.

The first 2 weeks

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

- Elevation and Rest
- Weightbearing as tolerated
- Begin gentle ankle range of motion exercises

Elevation

This reduces swelling, reduces pain and allows you to regain your motion earlier.

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

Weight bearing

You can put all of your weight on the operated foot with the use of crutches.

Crutches should be used until you can walk comfortably and safely without a limp or pain.

Ankle range of motion

Ankle exercises are important and help with swelling and circulation. They should be gentle and not forced.

Movements- Up and down, side to side, and in a circle

These should be performed for 2 minutes in each direction 3 times a day.

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 who will remove your stitches and redress your foot.
- Review by Mr Curry to explain the findings at surgery and provide advice regarding progress, exercises and recovery.

Post operative problems:

If you are struggling in any way or are experiencing any of the problems outlined below please contact the 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 not relieved by elevation.
- 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 or the application of pressure.
- 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 dressing wet or it comes off.

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