



## Post operative instructions for a simple dressing

Obtaining the best result after surgery requires your input.

After surgery your foot will be in a crepe bandage.

### ***In Hospital***

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

You will see a physiotherapist prior to discharge who ensures you are safe on crutches if they are required.

### **The first 48 hours**

- You can walk, fully weight bearing with crutch support if required.
- If Mr Curry has informed you to debulk the dressings you may do so after 48 hours.
- The dressings on the skin are to remain on and dry until your review with Mr Curry.

### ***The first week***

- Elevation
- Ice application
- Weightbearing as tolerated
- Begin gentle 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.

### ***Ice application***

This reduces swelling pain and inflammation. Apply ice 3-4 times daily for 15mins at a time. **DO NOT** apply the ice direct on to the skin- use a cloth, bag of frozen vegetables, or commercially available icepack.

### ***Weight bearing***

You can put all of your weight on the operated foot. Crutches should be used until you can walk comfortably without a limp.

### ***Range of motion***

- Begin after the bandage has been removed.
- Exercises should be gentle and not forced.
- Ankle motion- Up and down and in a circle.
- Toe curling
- Undertake for 5 minutes 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 stitches.
- Review by Mr Curry to explain the findings at surgery and provide advice regarding progress and recovery.

### ***Post operative problems***

If you are struggling in any way and are experiencing any of the problems outlined below please contact the rooms.

- 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 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 your cast or dressing wet in the shower.

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