

## **FOOT SURGERY PATIENT INFORMATION**

### DISCHARGE INSTRUCTIONS

- Crutches are required post procedure.  
You will be non-weight bearing (unable to walk on the operated foot) until reviewed by Mr English at your post operative appointment.
- Please arrange crutches prior to admission to hospital and bring them on the day of surgery.
- For surgery where there is an anticipated non weight bearing period (6-8 weeks) consider hiring a knee scooter. These are available for hire from Omni Health Care and UFS. A knee scooter can help with independence after surgery.
- You will be prescribed Panadol (Paracetamol) and Celebrex (a non-steroidal anti-inflammatory) post operatively. Cartia (Aspirin) will also be prescribed to minimize the risks of DVT (blood clots) post surgery.
- Tramal (a pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough.
- Please ensure Mr English is aware of any allergies and medications you are taking.
- After discharge from hospital you will need to elevate your foot at all times. You will only have your foot down for toilet and shower privileges.
- Please leave the dressing/plaster back slab intact until follow up with Mr English. Occasionally there may be some slight bleeding in the dressing. This usually settles. Elevate your foot and apply gentle pressure with a pad/towel. Contact the rooms if this does not alleviate the bleeding.
- Following surgery, do not operate heavy machinery, engage in sports, heavy work or lifting until reviewed.
- Do not drive until advised by Mr English.
- Please discuss return to work requirements. Time required off work will depend on your individual circumstances.
- A review appointment will be given to you on discharge from hospital.

