

GENERAL POST-OPERATIVE INSTRUCTIONS

The first 2 weeks

You have just undergone a soft tissue operation on your foot/ankle.

At the end of the procedure, a local anaesthetic agent was infiltrated, in order to reduce post-operative pain. The wound was closed with small sutures and has been covered by bulky dressings. A post-operative shoe may be fitted.

Expect *some* pain in your foot, particularly when the local anaesthetic wears off, but this should be controllable with elevation and oral pain-killers, and should improve dramatically over the next 48 hours.

When you are able to comfortably stand and mobilise independently, you can go home.

The nursing staff will let you know when it is safe to get out of bed. Stand and walk in the post-op. shoe, if one has been provided. Crutches may be needed.

There can be blood seepage into the dressings causing staining. This is rarely a cause for concern, but the dressings could be changed in my office after a few days if they become offensive. Contact my secretary for an earlier appointment if this proves necessary.

You may shower, but it is important to keep dressings dry.

Keep your foot elevated as much as possible. Hip height is ideal when you are seated. Minimise your activities while the wound is healing.

If you have any concerns regarding your progress before your first post-operative appointment, please ring the rooms, during normal hours, or your local doctor, if available after hours. If you require urgent out-of-hours attention, please ring or present to a hospital Emergency Department at any time. Both Norwest Private and Sydney Adventist Hospitals provide this service.

Subsequent weeks

Around the 2 week post-operative visit your dressings and sutures will be removed. Instructions will then be given regarding a return to footwear and activities.