

**Dr A. Scott Newman**  
Orthopaedic Foot & Ankle Surgeon

## **POST-OPERATIVE INSTRUCTIONS REMOVAL OF IMPLANTS**

You have just undergone a removal of implants/hardware.

The operation was performed using an incision in the existing scar. At the end of the procedure, a local anaesthetic agent was infiltrated around the wound, in order to reduce post-operative pain. The wound was closed with small sutures, covered with a dressing and wrapped in a bandage. This bandage must remain in place until your first post-operative visit.

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.

You may be fitted with a special light-weight post-operative shoe which you should wear just when you stand and walk.

You may bear body weight on your foot.

Occasionally, there can be some blood seepage into the dressings, causing staining. This is rarely a cause for concern, unless copious.

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

Keep your foot elevated as much as possible. Hip height is ideal when you are seated.

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 The Hills Private and Sydney Adventist Hospitals provide this service.