

Clinical Protocol

Patient Discharge Advise Sheet

Foot Surgery

Surgery on the foot may become necessary for the treatment of pain, stiffness or deformity of the foot. The surgical procedure may aim at leaning an arthritic joint, straightening a bone or a whole part of the foot. Surgery may include lengthening of short tendons or release of tight inflamed ligaments. Surgery may aim at eliminating the painful motion in a particular joint or replacing it with an artificial joint. The operation may be a combination of some or all of the above procedures.

After Surgery, you will require a period of rehabilitation when your foot might have to be in a cast. You may use crutches or have to wear special shoes or braces for a while. Complications after foot surgery are relatively very rare and are usually related to infections of the wound or problems with the cast.

Your recovery after foot surgery may be improved and quickened by the following steps:

- Keep the foot or feet elevated for as long as possible to reduce the pain and swelling.
- Check that the toes are pink and warm to ensure that blood is reaching the toes.
- Take good care of your bandaged foot and avoid contact of the dressing/cast with water.
- Follow your surgeon's advice regarding weight bearing and/or use crutches or special braces.
- If your operation involves the use of pins, ensure that the pin sites are clean and dry at all times
- If your operation involves the application of a cast, please follow the advice on sheet 1.
- Contact the Hospital or your doctor if there is an increase in pain, a throbbing sensation in the foot, swelling that is not improved by elevation of the foot or if you develop a fever.
- Contact the Hospital if there are signs to suggest that the cast is too tight e.g. a burning sensation or an area of the skin underneath the cast, or the colour of the toes is changing to blue or pale yellow and does not improve by elevation of the foot.
- After removal of sutures or cast, you will notice that there is some residual swelling, pain or weakness, which will take a few weeks to recover.