

DISCHARGE INSTRUCTIONS – FOOT / ANKLE SURGERY

Elevation: The foot/ankle is the area furthest away from the heart, and the area most affected by gravity. It is at the highest risk of developing significant swelling, which can interfere with wound healing. It is very important that you spend as much time as possible in the next 2 weeks resting with your foot up (either on another chair or cushion). This will improve your wound healing and swelling and (most importantly) decrease your pain!

Please remember it is normal to have some swelling continue after the initial recovery period for up to 12 months (particularly at the end of the day). Elevating your foot is still the best thing to reduce this.

Dressings: Keep your dressings intact and shower by taping a plastic bag around your leg unless told differently by Dr Bradshaw. If the dressing gets wet/dirty/smelly either contact Dr Bradshaw's rooms or ask your GP or local hospital to check it. If you have a plaster backslab and it gets wet, please contact us.

Movement: It is very important to wiggle your toes and move your ankle after surgery. This keeps the blood flowing in your calf and minimises the risk of developing a venous thrombosis. If you have had extensive surgery and are in a cast, it is still important to wiggle your toes. You may also be given anticlotting injections while in hospital.

Your weight-bearing status is:

- ☐ Need to use crutches.
- ☐ No weight through affected limb
- ☐ Full weightbearing, as tolerated.
- ☐ Partial weightbearing
- ☐ Minimise time on feet.
- ☐ Wear post operative shoes All the time (including bed) Only while weight bearing.

Medications: You will be given some painkillers to take home with you by the anaesthetist. If these are not managing your pain, please contact Dr Bradshaw's rooms or your local GP, or if after hours Wagga Wagga Base Hospital on 02 5943 1000.

Running Low on Medication: Reminder that our practice closes at 3pm on Fridays. To ensure you receive your script in time, please contact our rooms prior to 12pm to request further medication.