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NHS Grampian

Minor foot surgery
(General anaesthetic)

Information for day case patients and carers

Orthopaedic Department
Woodend Hospital

Foot surgery

Your operation was performed to correct the problems that you had with your foot (or feet).

Anaesthetic

For 24 hours after general anaesthetic you are strongly advised:

Not to drink alcohol.

Not to use any drugs unless advised by your doctor or the hospital.

Not to drive or cycle.

Not to operate machinery including kitchen equipment.

Not to sign any legal documents or make important decisions.

Not to smoke.

You **MUST** make arrangements for an escort home.
A responsible adult must stay with you for 24 hours

This is because you may still be slightly sleepy from the effects of the anaesthetic

After your operation

Keep your operated foot (or feet) raised for the next 10 to 12 days. This means that when you are sitting or lying, your feet should be higher than your hips. You can use a foot stool when sitting or pillows when lying in bed. This will help prevent swelling, reduce pain and aid healing.

Keep your activities to a minimum for the next 10 to 12 days to allow healing to take place. Stop what you're doing immediately if your foot becomes painful or swollen.

Although you should keep activity to a minimum, don't be totally inactive. You can get up and about to use the toilet and to make yourself drinks and snacks. Try to arrange activities so that you can have breaks to rest and raise your foot.

Wear the blue plastic shoe over your dressing when walking. Remove it when resting to prevent your bandage becoming wet with sweat.

While resting, exercise your legs and ankles. You can do this by moving your ankles fully up and down and by making circular motions with your feet. This will aid circulation and help prevent blood clots forming in the veins.

Pain relief

You may have mild to moderate discomfort in your foot. If required, we will give you a supply of painkillers to take home. You may need to take these regularly, following the instructions on the bottle or box, for the first 24 to 48 hours.

After this time the discomfort should be less so you should not need as many painkillers.

Remember, raising your foot higher than your hips can help relieve the pain.

Do not drink any alcohol at the same time as taking painkillers.

Wound and dressings

You have a large dressing on your foot. This is to protect the wound(s).

Keep your dressing dry. Only the doctor or nurse taking out your stitches should remove it.

Your stitches will be removed at:

*** Outpatient Clinic at**

.....

On: .....

Or

* **Your GP's Practice**

On:.....

Please make an appointment with your GP Practice Nurse for the above date.

* (delete as necessary)

Return to your normal routine

You won't be able to walk as normal until your wound is fully healed and the swelling has reduced enough for you to wear shoes. This can take a few weeks.

If you have a job that you can do sitting down, and you can keep your foot raised, then you may be able to return to work in 5 to 7 days' time, if you feel able.

If you need to be on your feet for your job, please follow the advice of your hospital doctor or GP on when you could be fit to return to work.

Driving

Do not drive until your bandage and stitches have been removed. If you have had only your left foot operated on and have an automatic car, it may be safe for you to drive for short distances, but please ask your hospital doctor or GP for advice.

Remember, your insurance may be affected if you drive while unfit. Check with your insurance company if you are unsure.

Outpatient appointment

If your hospital doctor needs to see you at the Outpatient Clinic, we will send you an appointment.

If, for any reason you can't attend, please call us to let us know. We can then rearrange your appointment.

GP letter

We send an email to your GP to let them know about your surgery.

Complications

Complications are unusual after this type of surgery, but if you have any of the following, please contact us for advice:

- bleeding from the wound
- unable to control the pain
- bandage becomes wet, tight or falls off.

Useful contact details:

Nurse-led orthopaedic clinic
Woodend Hospital
☎ 01224 556737
✉ gram.orthoelectiveoncall@nhs.scot

In an emergency, call NHS24 on 111.

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This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 0864.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.

Orthopaedics Department
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