

Advice after foot surgery

After the operation

Discomfort

You may be given pain killers to take home with you. Take these regularly at first. Otherwise, if you experience any discomfort, mild pain killers such as paracetamol can be taken. Please follow the instructions on the packet.

Wound

Your wound has been closed with:

- dissolvable stitches which do not need to be removed.
- stitches which need to be removed 10 - 14 days after the operation.

Please make an appointment with your practice nurse at your GP surgery, in 10 – 14 days for a wound check and suture trim.

If you should have any concerns about your wounds because they are red, hot, swollen or painful please contact your GP or practice nurse or call Orthopedic Outpatients on 01722 336262 ext. 2609.

Taking care of your operated foot

Keep your foot raised whenever you are sitting down. This will help prevent swelling, stiffness and pain and will help your wound to heal.

Your foot should remain pink and warm.

Please move around as instructed by the staff in the Day Surgery Unit.

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Follow up (to be completed by Day Surgery nurses)

You will be sent an outpatients appointment in the post for:

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Further advice

If you need further advice please contact:

Day Surgery Unit 01722 336262 ext: 4550 between 7.30am and 7pm.

After 7pm contact your GP's out-of-hours service or the NHS 111 service.

Day Surgery Unit
01722 336262 ext 4550



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.