

Foot Surgery

Patient & Family Information

This pamphlet will give you guidelines to follow after your foot surgery. Please ask us any questions you may have.

What are the common foot surgeries?

They may include surgery to remove:

- bunions
- a growth (osteochondroma)
- Morton's Neuroma
- ingrown toenails
- or to treat hammertoes

After Your Surgery

Pain:

You can expect to have moderate pain for 24 to 48 hours. Ask the nurse for medication for the pain. At home take the medication your doctor has ordered. If you have not been given a prescription for anti-inflammatory, you can take (Advil, Motrin, Ibuprofen, etc.) with the prescription for analgesic (Tylenol #3, Percocet, etc.) **Recommended dosage is 400-600mg every 6 hrs.**

It is also common after a general anaesthetic to have muscle soreness. This will slowly go away as you move around.

Wound and Dressing:

You will have a bulky dressing that will stay on until after you see your doctor. If you have fresh bleeding through the dressing, add extra gauze (you can buy this at your drugstore).

Keep your foot up on a bed, stool or chair as much as you can. This helps reduce the pain and keeps the swelling down. With lower limb surgery, put pillows under your heel so that the foot is kept higher than your knee.

You may wish to buy Cast Boots to protect your dressing and foot. Discuss this with your doctor or nurse. You can buy them from us before you leave. We will bill you, or you can pay at Admitting on your way out.

Diet:

It is common to have nausea (an upset stomach) after surgery. Ask the nurse for medication for this. If this continues at home, you can buy medication for nausea at the drugstore. Drink extra fluids and begin by eating soft foods such as soups, puddings and ice cream.

Bathing:

You may bathe the day after your surgery, but you must keep your dressing dry. A wet dressing increases the chance of infection. You may be able to cover your foot with a plastic bag, and tape it in place.

Work:

You can return to school or work as your doctor suggests. Your doctor will discuss this with you on your first visit after surgery.

If you do manual labour it may be up to 6 to 8 weeks before you return to work. It may be up to 3 months before you return to sports.

Activity:

Return to normal activities as it is comfortable.

Visit Your Doctor:

Make an appointment to see your doctor in 7 to 10 days.

Guidelines to follow after having a general anaesthetic:

The medications given to you during surgery may remain in your body for as long as 48 hours. They may alter how you think and do things. Because of this, for 48 hours do not:

- drive
- drink any alcohol
- decide on any legal or money matters

Phone your doctor or go to the Emergency Department where you had your surgery if:

- you have a large amount of bleeding from your wound
- you have redness, pain, swelling or discharge from your wound
- your medication is not helping your pain
- you develop fever or chills
- you have pain, redness and/or swelling of your calf (your leg from knee to ankle)

You are a partner with us in planning your care. Ask questions, and be sure you are clear about how you will manage when you go home.

For general information or if you have any questions and you cannot contact your doctor, please phone:

**HEALTHLink Alberta
1-800-408-5465 (LINK)
Health advice 24 hours a day**