

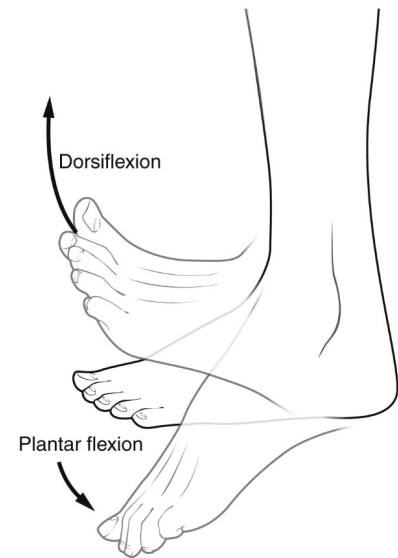


Advice for patients following foot surgery with Mr. Cichero

The first 48 hours

- It is important that you rest your foot as much as possible during this time.
- You should lie down in bed or on a sofa so that your feet are at the same level as your chest.
- You can get up and go to the toilet but that is the only time you are allowed on your feet.
- You must wear the post-operative shoe/boot at all times when you want to walk. You can bear weight on the foot that has been operated on, unless you have been told not to do so by Mr. Cichero.
- It is recommended that you take the full dose of the pain medication that has been prescribed for you during this time.
- You will also be asked to do some exercises with both feet for 5-10 minutes every 2 hours whilst you are awake. These involve moving your feet up and down at the ankle joint. These exercises are important as they help reduce swelling and minimize the risk of getting a blood clot in your leg.

If you have been issued with crutches and advised not to walk on the foot, or only weight on the heel, please follow these instructions with respect to mobilising but ensure you do not place weight on the operated foot.



2 days to 2 weeks post-op

- During this time you can be more active.
- You can bear weight on your feet for up to 10 mins/hr. When you are not on your feet, it is recommended that you sit down and elevate the leg that has been operated on so that it is at the same level as your hip.
- You do not need to continue to do the foot exercises.
- You can now take pain medication as you feel you need it but do not exceed the prescribed maximum dose.
- You must keep your foot dry and avoid getting the dressing wet. Your dressing will usually be changed at 1 or 2 weeks either with the hospital nurse or with Mr. Cichero.

2 weeks to 4 weeks post-op

- You can continue to be more active and bear weight on your feet for up to 20 mins/hr. It is still recommended when you are not on your feet, that you sit down and elevate the leg that has been operated on so that it is at the same level as your hip.
- It is unlikely that you will need pain medication at this time.
- You can stop wearing the post-operative shoe/boot and bathe your foot at 4 weeks when your surgeon advises you.
- If your surgery has involved creating a fracture to one of the bones or fusing a joint you will be seen back for a consultation at approximately 4 weeks where your foot will be x-rayed. We will advise you at that appointment whether the shoe/boot can be removed.

4 weeks to 6 months

- It is normal for the foot to be swollen around the site of the surgery for at least 3-6 months. This may mean wearing a wide fitting shoe such as a trainer or sandal when you come out of the post-operative shoe. It is normal to experience some discomfort in the area as it usually takes the foot 6 months to fully settle down following surgery.

If you have any urgent concerns, please contact Mr. Cichero's private secretary on telephone number 01793 272318