



Post-operative wound care advice after a minor operation

- You need to keep your wound dry until your next dressing appointment (approx. 3-4 days) and keep your foot elevated for as much of that time as possible, you can purchase a limbo sleeve via the internet to keep your leg and foot dry, they are around £18.00.
- The dressing will be reduced to a much smaller dressing at your first nurse follow-up appointment, and you may then wear whatever shoe you find comfortable. The dressing can be changed daily after the first dressing change. Please keep the area dry and avoid physical activities and enclosed shoes for at least 10 days.
- **Signs of Infection:** If the wound becomes increasingly tender (often about day 2), if there is an increase in pain, or if you feel unwell (particularly with a high temperature), please contact our rooms on **01793 272318**.
- **Bleeding** is a common issue following nail surgery. It tends to occur within 24 hours. Press hard on the wound with a pad of clean tissues for 5 minutes. Contact the above number if it hasn't stopped.



Limbo® Foot Classic

- **Sutures** will usually dissolve or will be removed at between 10 and 14 days, or if dissolving sutures are used, they can be trimmed at 1-2 weeks.
- **Scars** can sometimes thicken during healing and form an unsightly lump, known as a keloid or hypertrophic scar. This is an unlucky complication of minor skin surgery. Please let my secretary know if any problems arise.
- **Pain relief** is best managed with a full dose of paracetamol (1000mg) and ibuprofen (400mg) every 6 hours for the first 24-36 hrs. After this, regular paracetamol (1000mg) every 4-5 hours usually suffices. You do not need to continue to do the foot exercises.
- **Driving:** It is best to avoid driving for about 3 days until your first dressing change. After this, you should be ok to drive.

If you have any concerns after your surgery, please feel free to contact the BMI Ridgeway Hospital nursing team on 01793 816018 8am – 8pm Monday to Friday. Alternatively, please contact Mr. Matthew Cichero's private secretary on 01793 272318.