

Make sure that you rest and elevate your foot after surgery. This will reduce pain, bleeding and swelling.

Raise your foot as much as you can!

- Keep our foot raised as much as possible for the first 10-14 days after surgery.
- Lie with your foot elevated above your hip. Try resting it on 2-3 pillows.
- In bed, put 4-5 pillows under your foot if you are able.

Blood Clots (Deep Vein Thrombosis)

- Most people who have had foot surgery do not need medication to prevent blood clots in their legs (DVT).
- If you are allowed to put weight on your foot, keeping your foot moving and having enough to drink is all you will need to do.
- If Dr Platt has advised you are not able to put weight on your foot, you will need a medication to prevent a clot. This is usually Clexane which is a subcutaneous injection to prevent DVT.
- If you have a previous history of DVT or other risk factors Dr Platt will prescribe Clexane.



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Please contact Dr Platt's rooms if you experience any of the following

- Swelling that is not improved by raising your foot (elevation)
- Pain that is not reduced by painkillers and elevation
- Shortness of breath and or chest pain
- Significant discharge/bleeding or ooze from your wound
- You feel unwell; particularly if you have a temperature, fevers or chills

For any concerns outside of office hours please contact your local emergency department or your GP.

Coast Foot and Ankle
20 Nerang Broadbeach Road
Nerang, 4211

Contact number (07) 5522 2026

Email
reception@coastfootandankle.com.au



Post-operative Instructions

What to do after your surgery

www.coastfootandankle.com.au



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Painkillers

- We recommend that you take your prescribed pain management medication regularly during the post-operative period.
- Take painkillers a couple of hours before bedtime, before your outpatient appointment and any therapists appointments.
- Take your painkilling medication regularly. Don't wait until you feel pain.
- If we've used a local anaesthetic nerve blockade during your foot and ankle surgery, your foot will feel numb for up to 24 hours (more usually 12-16 hours). You should feel no pain during this time.
- The anaesthetist will provide you with details of the drugs prescribed. Some strong painkillers may make you constipated – this is easily remedied by staying hydrated and simple over the counter solutions.
- You will be discharged with a prescribed amount of painkillers. If you require more please contact your GP or the anaesthetist.

Things to remember!

- Call us to confirm your postoperative clinic visit
- In the first 24-48 hours after surgery you will probably experience swelling and pressure in the foot. This is normal; the more you keep the foot elevated, the quicker this will settle.
- Do some gentle exercise. Dr Platt will tell you what exercise is right for you. Depending on your surgery, this will probably involve gentle movements (up and down) to your ankle, rotational movements at the ankle, and regular flexing and extending (wriggling) your toes.

You will find out what exercises are right for you before you leave the hospital, and again at your first therapy visit.

Recovery

Recovering from foot and ankle surgery can take up to 18 months, depending on the type of surgery that you have had. Your foot may be swollen for a few months. Most swelling settles down within 6 months.

Most people return to comfortable, day to day activities within 3 months and usual activity and function generally returns within 6 months to a year.

If getting back into sport is your goal, your physical therapist will start your return to sport regime about 3 months after your surgery. Again, this will vary from individual to individual, and depend on the type of surgery that you have had.

These guidelines for recovery are broad and will vary between individuals. Dr Platt works closely with a range of therapists to optimise and accelerate your recovery. Therefore, your treatment and recovery journey will be customised to you.

General Advice

Wear your post-operative shoe or boot even when walking around the house

Wear it in bed until your first post-operative visit

Keep your cast or bandages dry

When you have a shower or a bath, wrap your dressings in a plastic bag that you can seal around the leg. It's important to keep your dressings dry.

Do not smoke as this will weaken the wound healing process

*If you follow the
above instructions,
you will probably
have a
comfortable
post-operative
recovery*

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