

Information for patients who have undergone foot surgery (i.e. Osteotomy)



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Following your minor operation:

1. After the operation, whilst in hospital and home, rest with foot well elevated (higher than the hip).
2. If plaster is to be applied it will usually be applied the day after surgery to allow any swelling to reduce.
3. A blue shoe will be given to patients who have a plaster cast, or a grey shoe if a wool/crepe bandage is applied.
4. Take painkillers on a regular basis.
5. Once home, exercise the foot hourly, walking on the heel first and gradually putting weight through the foot as pain allows, to help the circulation and healing process.
6. Usually an appointment is made to attend the Orthopaedic Outpatient Clinic after two weeks for a wound check and removal of any stitches if necessary. A new plaster, if needed is then re-applied.
7. Another appointment is given for four weeks time, the plaster is removed and any wires are also removed (the ones sticking out from the top of the toe).
8. The foot may still be a little swollen. Avoid wearing tight shoes, elevate the foot when resting. Returning to normal activity will help.

Taking care of your plaster

1. Try and keep it clean and dry. Do not cover it with plastic or put anything inside it.
2. Wear only the shoe provided when walking.
3. If the foot becomes extra painful or swollen, or toes feel cold and numb, contact the Plaster Room or attend the Accident & Emergency Department
4. If the cast cracks or breaks, contact the Plaster Room
5. If you have any other concerns please contact the Plaster Room.

For 24 hours following your general or local anaesthetic:

1. Do not drive a car, ride a bicycle or operate machinery
2. Do not lock the bathroom or toilet door
3. Do not make important decisions or sign documents
4. Do not drink alcohol
5. If there are any problems after you return home, please telephone your GP
6. It is important following surgery to remain as mobile as possible.

Plaster Room Telephone Number: 01493 452317

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs. Should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
 - A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
 - Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**
- Responsive communication
 - Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
 - Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240