

Heel Weight Bearing following ankle or foot surgery

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Following your operation, you **must not put weight on the front part of your foot**. You will need to walk with a specialist shoe called a Darco Shoe. This will be given to you by the ward staff.

This is known as Heel Weight Bearing.

Please follow this advice to maximise your recovery:

1. After the operation, it is strongly advised that you elevate your foot whenever you are at rest. This means elevating your foot on pillows so that it is higher than your hip. This will help with post-operative swelling, reducing pain and wound leakage and therefore reduce the risk of post-operative complications such as infection.
2. Take pain killers on a regular basis. These can sometimes cause constipation, if you notice any changes in this area, please consider laxatives or see your local pharmacist for advice.
3. To help prevent blood clots you will be given information around medication that you will need take.
4. Your foot will be wrapped in a bandage and wool. The nursing staff will tell you when this can be removed. Do not get this wet.
5. As you are heel weight bearing, we do not recommend that you shower as there is an increased risk of slip/trip/fall. You cannot use a bath as you must not soak your wound. We advise that you strip wash until you are told you can fully weight bear through your operated foot.
6. Two weeks following your surgery you will have an appointment in the Orthopaedic Outpatient Clinic where you will have a:
 - a. Review of your wound and removal of stitches if necessary
 - b. Review with your consultant
 - c. Unless instructed otherwise, continue to be heel weight bearing with the darco shoe.
7. At approximately four weeks following this appointment you will attend the clinic again to be reviewed by your consultant or a member of their team to see if it is suitable to change your weight bearing status.
8. Please do not drive whilst wearing your darco shoe. Please wait until given the all clear by your consultant/surgeon to return to driving.

For 24 hours following your general anesthetic:

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 your return home, please contact the Orthopedic Elective Hub and not your GP

Telephone Numbers

Hospital Switchboard

01493 452452

Concept Ward

01493 452331

Orthopaedic Outpatient Centre

01493 452603

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

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OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



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