

# Full Weight Bearing following ankle or foot surgery



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Following your operation, you can put your full weight through your lower limb.

## **This is known as Full Weight Bearing.**

You might have to wear a stiff soled shoe when walking. If this is the case the ward staff will give you this before leaving the hospital.

## **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 full weight bearing you can shower, however we do not recommend getting your wound site wet for at least two weeks following your surgery.
6. When you are discharged from hospital, 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 or a member of their team

## **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 Concept Ward 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**