

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**



Foot & Ankle Surgery

Physiotherapy Advice



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What have I had done?

Your Consultant will have discussed with you pre-operatively what operation will be carried out; sometimes this procedure can change slightly during surgery. If there are any changes to your surgery you will be informed either by the Consultant or the Physiotherapist.

Will I experience pain?

You are likely to experience pain in the in the first 12 weeks. The pain may be worsened on activity, which is normal. Manage your activities accordingly to allow for as little pain and swelling as possible. You will be prescribed pain relief to take home; this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

What should I avoid?

- ✗ Excessive walking or activity in standing in the first 2 weeks
- ✗ Getting foot wet in the first 10-14 days post op. If only one foot was operated on, a bath can be taken by holding the bandaged foot out of the bath. If both feet were operated on, it is advised to strip wash.

What can I do to help myself? Take pain relief as advised by nursing staff.

- ✓ Elevate leg (foot above level of hip) when resting to reduce swelling. Carry this on whilst ever there is swelling present.
- ✓ While stationary, it is important to take deep breaths and gently tense leg muscles, **circle your ankles if possible, bend / straighten your knees regularly and clench your bottom cheeks.**
- ✓ Use stairs one step at a time in the first few weeks.
- ◆ Ascending: Non-operated leg → operated leg.
- ◆ Descending: Operated leg → non-operated leg.

Return to normal stair function as soon as you are safe and able.

How will I walk after this operation?

You will be full weight bearing, unless otherwise advised. If your Consultant has requested you have crutches post operatively, then the Physiotherapist will teach you how to use them safely before discharge.

Will I need to come back for Physiotherapy?

The Physiotherapist will inform you on discharge if you need follow up Physiotherapy.

Should I be aware of further complications that can occur?

You should contact your GP or attend the Accident & Emergency department at your nearest hospital **immediately** if you have any of the following warning signs:-

- Sudden unexpected increase in pain
- Any fall onto your foot
- Sudden colour changes to your toes
- Foul odour coming from your dressing
- Fever.

You should discuss with your Consultant when you can start driving again and return to normal activity.