



DR L. ANDREW ASHTON

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

POST OPERATIVE INFORMATION

Foot Surgery

Normal Symptoms:

- Discomfort
- Mild swelling

The following symptoms are **NOT** normal:

- Prolonged vomiting
- Excessive bleeding
- Redness around the incision
- Fever or chills
- Increasing swelling or numbness

If you experience any of the above symptoms you should seek medical advice. Please contact your nearest Emergency Department.

Diet:

Normal healthy diet as tolerated.

Activity:

- Elevate the foot as much as you can for two weeks or more following surgery.
- Gradually increase your activity.

Medications:

You may use oral analgesia (eg Panadol) as required.

Driving:

No driving until you feel you would be able to brake suddenly if the need arose. Be guided by your pain and avoid driving for 3 weeks.

Dressings / Wound care:

- Leave the dressing in place until you see your Doctor.
- Do not get the dressing wet.

Hygiene:

You may shower as desired, keeping the dressing dry.

Legal requirements following an anaesthetic or sedation:

For a 24 hour period you are **NOT** allowed to:

- Drive a car as directed by Doctor
- Operate machinery
- Drink alcohol
- Sign any legal or important documents.

Follow-up Appointment





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