

# Discharge advice following Forefoot surgery

An information guide





## **Discharge advice following Forefoot surgery**

- Keep your foot/feet elevated above heart level. This will help to reduce swelling
- Do not walk more than necessary. No more than 10-15 mins every hour, or enough time to get a drink or visit the bathroom.
- If you have been given a special shoe, you must wear it any time you do walk
- Do not get your dressing wet.
- Do not remove your dressing.
- Your dressing will be removed in outpatients in 2 weeks. Your appointment will be posted to you.
- If you have 'wires' in your toes, be careful not to knock them. The wires must remain covered at all times.
- If you are concerned about your dressing then contact the dressing clinic
- **If you experience any excessive pain, swelling, altered sensation or skin discolouration then contact the ward for advice.**

**Finally - if you have had any problems with your foot or wound, then inform your consultant's secretary so your consultant is aware of it.**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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