

Follow-up appointment

You will be sent an appointment to see the surgical team in Outpatients a few weeks after your surgery.

Reference source

- www.orthoinfo.org

These notes will not cover everything. If you want to know more, please ask.

Contact details

If you require further advice, please contact:

Day Surgery Unit

Telephone: 01483 406783, Mon–Fri, 8am–6pm

Surgical Short Stay Unit

Telephone: 01483 406828

Pre-assessment Clinic

Telephone: 01483 464152

Out of hours advice

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Mon to Fri

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Lower limb surgery

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

Today you have had:

This leaflet contains advice regarding how to take care of your leg or foot after your surgery.

If you have any questions or worries relating to the operation itself, you will have the opportunity to speak to the Surgeon before the operation takes place. Also, please feel free to ask the Nursing staff any questions you wish.

Are there any alternative procedures?

This leaflet covers a wide variety of procedures therefore there may be alternative interventions, so please ask your Doctor.

Potential risks and complications

Complications during and following this procedure are rare. They include:

- **Excessive bleeding and/or swelling.** Pressure and a cold compress (e.g. a packet of frozen peas) may help relieve these symptoms. If you are concerned, telephone the Day Surgery Unit or see your GP.
- **Rarely, infection of the wound sites.** If your wound becomes very tender, red or swollen, contact the DSU or your own GP for advice.

After your operation

Will it hurt?

Some discomfort is to be expected after any type of surgery. You may have local anaesthetic injected into the wound area to keep it comfortable to start with. You will be provided with painkillers as required while on the Day Surgery Unit.

You may be prescribed painkilling tablets to take home, take these regularly for 48 hours so that you stay on top of the pain. These painkillers carry a prescription charge unless you are exempt.

Wound care

There will be a dressing over your stitches. You may also have a bandage covering the wound. The bandage can be removed 48 hours following surgery. Your stitches must be kept covered, clean and dry until they have been removed in 10-14 days. The nursing staff will advise you when your stitches require removal.

Some swelling is to be expected for a few days; this is temporary. Resting the leg up as much as possible for the next couple of days will help keep the swelling to a minimum.

If your wound becomes red, swollen or very tender, or develop a discharge, please contact the Day Surgery Unit or your own GP for advice.

Mobility

It is usually safe to try to walk normally after your surgery, depending on your specific operation. However crutches will be provided if this is not possible. You are advised to get up and about once you return home.

Avoid running and strenuous exercise until your leg or foot feels completely comfortable. This may take 2-4 weeks but may be longer, depending on the type of surgery.

Work

You are advised to take at least two days off work to allow you to recover from your anaesthetic. If your job is manual, you may need at least two weeks off. Please be advised by the nurses on the Unit.

The Unit can provide you with a doctor's certificate if required.

Driving

You must not drive for at least 24 hours following the procedure. You must be fully mobile and comfortable, and able to operate the steering wheel and gear stick comfortably and safely, before driving again. **This may take 1-2 weeks.** The Driving Vehicle Licensing Agency (DVLA) advise you to ring your insurance company to inform them when you are driving again.