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## After Your Surgical Procedure

Following your procedure, it is important that you take the time to rest well, relax, and look after your feet. While you recover, you still remain at risk of complications such as infection. Adhering to these guidelines will ensure the best outcome from your surgery, a decreased risk of post-surgery complications, and that you recover as fast as possible.

### On the day of your procedure

- Wear open shoes that do not press on the surgical site when outside
- When inside, wear slippers or barefeet to alleviate as much pressure away from the surgical site
- Do not get your foot or dressing wet. If this occurs, you must return to the clinic immediately for re-dressing. Wait until the following day to take a shower.
- Use the gloves provided to keep your foot dry when you shower the following day.
- Do not allow dirt to get into the surgical site
- Keep your foot elevated as much as possible. When sleeping or resting, place your foot on top of cushions where possible and comfortable
- You may need to take some pain-relieving medications. Ensure to adhere to the product instructions and do not take more than is recommended
- Avoid aspirin-based pain-killers as they increase the risk of bleeding
- You may require time away from work or school to rest and avoid weight-bearing on your foot
- If possible, (but not necessary) have someone collect you from your appointment and check on you throughout the day
- If blood is visible through your dressing, do **not** remove the dressing, apply an additional dressing over the top
- Avoid any physical activities or sports
- Avoid drinking alcohol immediately after procedure

### Over the following weeks until the wound has completely healed

- Avoid strenuous activity that may aggravate the wound site
- Avoid tight-fitting footwear that causes any pain to the wound site
- Continue to rest your foot as much as possible
- Do not swim or submerge your foot in sea water until the wound has completely healed
- If your dressing becomes wet or dirty, re-dress immediately
- Regularly re-dress the foot as per your podiatrist's instructions and the re-dressing guide
- If you have any concerns, questions, or are worried about infection, contact your podiatrist
- Attend all post-surgical appointments to check on the state of the wound and your healing

On the day of your procedure, your next appointment for a dressing change will be scheduled and will be within one week of your procedure. At this appointment, you will receive a dressing pack with instructions so you can continue to re-dress your wound at home.

**In EMERGENCIES, your after-hours contact is Hanan Kane on 021 0223 0296**