

# SURGERY FAQs

## FOOT & ANKLE SURGERY FREQUENTLY ASKED QUESTIONS

### BEFORE SURGERY

#### What if I have a cut or a rash on my leg?

If you have a cut or a rash on your leg or think you have an infection this must be treated prior to your surgery. If you have any concerns, please contact Mr Goldbloom's rooms to discuss this further.

#### What if I am feeling unwell?

If you are feeling unwell this must be treated prior to your surgery. Please contact Mr Goldbloom's rooms to discuss this further.

#### Can I take my regular medication?

This needs to be double checked with your anaesthetist. Generally, you should take your normal medication with a small sip of water. Patients taking blood thinning medication will have special instructions.

#### Will I see my surgeon prior to surgery?

Yes, Mr Goldbloom will see you before your operation.

### IN HOSPITAL

#### How long will I stay in hospital?

This depends on your surgery, but usually one night.

#### Will I see my surgeon after my surgery?

Yes, Mr Goldbloom will see you after your operation in hospital.

#### Do I need to make an appointment to see Mr Goldbloom after my surgery?

You will be informed of this appointment time before your surgery.

#### How do I obtain a work certificate?

If you require a work certificate, you can ask whilst you are in hospital or contact Mr Goldbloom's rooms after surgery.

Mr Daniel Goldbloom

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FOOT AND ANKLE  
ORTHOPAEDIC SURGEON

MAIN ROOMS AND ALL  
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## AFTER DISCHARGE

### Will I need help at home?

You may need help at home after your surgery. This needs to be carefully considered and arranged before you have your surgery.

### When can I drive?

Returning to driving is not a straight-forward question. You must feel confident to use the brake in an emergency situation. You may be able to drive in 4-8 weeks after surgery. This will depend on which foot undergoes surgery, type of surgery, how well you are recovering and whether your car is manual or automatic. Returning to driving may have insurance implications which need to be checked.

### When can I return to work?

These time frames are speculative only and must be confirmed by our team:

- Sitting duties at 3 weeks after surgery.
- Standing duties indoors between 3 weeks- 2 months after surgery
- Outdoor duties 2 months after surgery.

### Will I have pain?

Some patients experience more pain than others. This does not mean that the surgery was less successful. It is important to adequately manage your pain. Our team take multiple measures to reduce your pain during the post-operative period. When the local anaesthetic given to you at the time of surgery wears off, you will begin taking oral pain medication as prescribed. Your anaesthetist will discuss issues around pain medication prior to the operation. They will also provide you pain relief to take home.

### When does the swelling stop?

Swelling is a normal part of healing. It can be very frustrating and although it usually reduces six weeks after surgery, it can last for longer. Rest and elevation are every important to help swelling.

### How do I care for my wound?

You will be given instructions on how to care for your wound before discharge. Dressings and casts must be kept dry. When you have a shower, you will need to cover your foot with a bag and seal the top with tape. Dressings should remain intact until your 2 week review with Mr Goldbloom and the Wound Nurse Specialist, unless instructed otherwise. If your dressings become very blood stained, wet, too loose or too tight please contact Mr Goldbloom's rooms to arrange the dressings to be changed.

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## When can I travel by aeroplane?

After foot and ankle surgery, there is risk of developing a deep venous thrombosis (DVT). You are given anti-DVT medication in hospital however, If you are planning to travel by aeroplane during the first 3 months, please discuss this with Mr Goldbloom before your surgery.

## What if I have concerns outside of normal working hours?

It is possible that concerns about your operated leg will arise outside of normal working hours. In such a scenario Mr Goldbloom's team suggests you choose one of the following options depending on how urgent you feel your situation may be.

- Attempt to contact your local Doctor if they run an after hours service.
- Contact your nearest Emergency Department.
- Present in person to your nearest Emergency Department.
- Contact Mr Goldbloom via the Hospital switchboard.

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