

# PREPARING FOR FOOT & ANKLE SURGERY & REHABILITATION

Foot and ankle surgery is a specialised area. Every patient is different and Mr Goldbloom will devote time for discussing goals of surgery to achieve the best outcome. It is important that **you** play your part in ensuring your procedure and recovery run smoothly. Therefore, it is important to be familiar with instructions both pre and post operatively. If there is anything you do not understand, please ask.

## RESULTS OF FOOT AND ANKLE SURGERY

Results vary from patient to patient. It can take between 3-12 months to achieve your desired outcome.

This will be related to a number of factors including:

- The severity of your condition
- Your personal goals of surgery
- How well your body responds to surgery
- Your compliance to the rehabilitation requirements.

## FASTING

Fasting is required to make your anaesthetic as safe as possible. The anaesthetist may cancel your surgery if you are not fasted. Do not eat or drink after:

- Midnight for a morning case
- 7:00am for an afternoon case.

These time frames are to be adhered to unless our team instruct you otherwise.

## WHAT YOU NEED TO BRING TO HOSPITAL

- Your anaesthetist may need pathology results and will contact you before your surgery.
- Your regular medication.
- The information pack given to you at your consultation.
- Any questions that you have written down and wish to ask.
- Clean feet.
- You may be instructed to bring your scans to hospital.

Mr Daniel Goldbloom

MBBS FRACS FAOrthA

FOOT AND ANKLE  
ORTHOPAEDIC SURGEON

MAIN ROOMS AND ALL  
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## WHAT TO WEAR

Please remove all nail polish and make up. Leave valuables and jewellery at home. Wear loose clothing that you can easily fit over bulky dressings. Please ensure your feet and nails are clean.

## GETTING HOME FROM HOSPITAL

When it is safe for you to be discharged, you will need someone to take you home after surgery.

## PAIN MANAGEMENT

A local anaesthetic will be given to you at the time of surgery. It will provide you with pain relief for approximately 6-18 hours after surgery. As this wears off you will begin to feel tingling or pain in your foot. When this occurs, you should alert the nurses and you will begin taking oral pain medication as prescribed. Your anaesthetist will provide you pain relief to take home. Your pain must be under control before you go home.

## DRESSINGS

- Dressings and casts must be kept clean and dry.
- When you have a shower, you will need to cover your foot with a bag and seal the top with tape. The hospital can educate you about this **prior to your discharge**.
- Dressings should remain intact until your 2-3 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.

## POST-OPERATIVE CONSULTATION

You will have a consultation with Mr Goldbloom and the Wound Nurse Specialist approximately 2-3 weeks after your surgery. Depending on your surgery and needs, you may require further review with Mr Goldbloom.

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## REHABILITATION

There are two stages of post-operative rehabilitation in foot and ankle surgery.

Whilst in hospital, you will usually be seen by a Physiotherapist for:

- Appropriate footwear.
- Gait aids (ie crutches).
- Exercises to do at home in the early stage of recovery.
- Assessment of your ability to safely manage your post-operative instructions before you go home.

Once you have passed the early recovery period, your rehabilitation will be tailored to your exercise goals and achieving a full recovery of the operated foot.

## ELEVATION, 'NON-WEIGHT BEAR', PARTIAL WEIGHT BEAR AND REST

**During the early recovery period, you may need help at home. You must follow your post-operative instructions from our team to allow a good outcome.**

It is important to rest and keep your foot elevated above the level of your heart for **23 hours a day for the first 2 weeks after your surgery**. Elevating of your foot will encourage healing and decrease the chance of wound infection and break down. It will also help with pain and swelling.

In addition to this, some surgeries will require you to '**non-weight bear**' for anywhere between 2-8 weeks from the time of surgery. This means you can rest the affected leg on the ground with no more than one kilogram of weight through that leg.

In some cases you will only be required to '**partial weight bear**' (eg. 50% of your bodyweight), after surgery. A reasonably good way to understand this is to weigh yourself and then place only one leg on the scales with increasing weight until it reaches half your bodyweight.

We advise **using the time leading up to surgery to anticipate issues with following your post-operative instructions and prepare accordingly. For example, if you live with family who are dependent on you.** Options may include home help assistance through your local council, respite care or a period of inpatient rehabilitation after your surgery. This should be discussed with our team at consultation.

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## RISKS OF FOOT AND ANKLE SURGERY

No surgery is risk free. General risks of surgery include infection, blood clots and complications related to the anaesthetic.

Numerous precautions are taken to reduce risks and your surgery is meticulously planned to ensure the desired outcome. Some precautions taken are the administration of antibiotics to reduce the risk of infection and blood thinning medication is given to prevent blood clots. Mr Goldbloom will talk to you about general and specific risks related to your surgery at consultation.

## WHEN TO CONTACT MR GOLDBLOOM

If you experience any of the following, please contact Mr Goldbloom's room on (03) 9928 6188.

- Wound feels tender and hot. (Please note pink antiseptic is used during your surgery. Your leg will stay pink for a few weeks.)
- An odour or discharge coming from your dressings.
- Your dressings are showing an excessive amount of fresh blood.
- Your dressings become very blood stained, wet, too loose or too tight.
- Fever and a general feeling of unwell.
- Prolonged, uncontrolled or severe pain.
- Calf pain or swelling.
- Swelling that is not reduced with elevation of the leg.
- A change of colour in your toes or toes become cold.
- Side effects due to the medications you have been prescribed.

If your concern arises outside of normal working hours 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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