

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
- When at rest, elevate your foot. This will assist in managing any discomfort over the first days following your procedure.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Dressing can stay on for 24-48 hours provided they last that long
- After the first 24-48 hours remove the dressing. This can be done by wetting down the dressing in the shower.
- Commence daily foot baths post shower with a diluted antiseptic ie. betadine/chlorhexidine wash/ salt water, that you can buy over the counter at your pharmacy or make up at home. Once done, pat the area dry.
- Apply chlorsig ointment to the site daily following your shower before you replace the dressing. Available over the counter at your pharmacist.
- For protection, dress daily with jelonet direct onto wound, followed by a small piece of gauze and tape.
- Bruising and minimal swelling can be expected sometimes around the wound, this will improve in the following days.

Activity

- Gentle home activity is recommended for the first 2-4 weeks.
- Avoid heavy lifting, strenuous exercise or activity for 6 weeks.
- Driving a car – depends on the site and YOUR comfort/discretion. It is recommended you don't drive for the first 4-7 days.
- Exercise your ankles, calves whilst in your recovery to minimise your risk for deep vein thrombosis.

Follow-up

- Day 10- 14 post procedure you will have a post-operative appointment at the WPRS clinic. Further wound and scar management will be discussed at this appointment.
- WPRS staff will have attached an appointment card to this handout advising you of this. If you haven't received a card or appointment, please contact the WPRS rooms on (03) 5562 5330.

If you have any concerns please contact WPRS on (03) 5562 5330.

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- After hours you may leave a message or your call will be diverted to the on-call Surgeon.

In the unlikely event you are unable to contact staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.