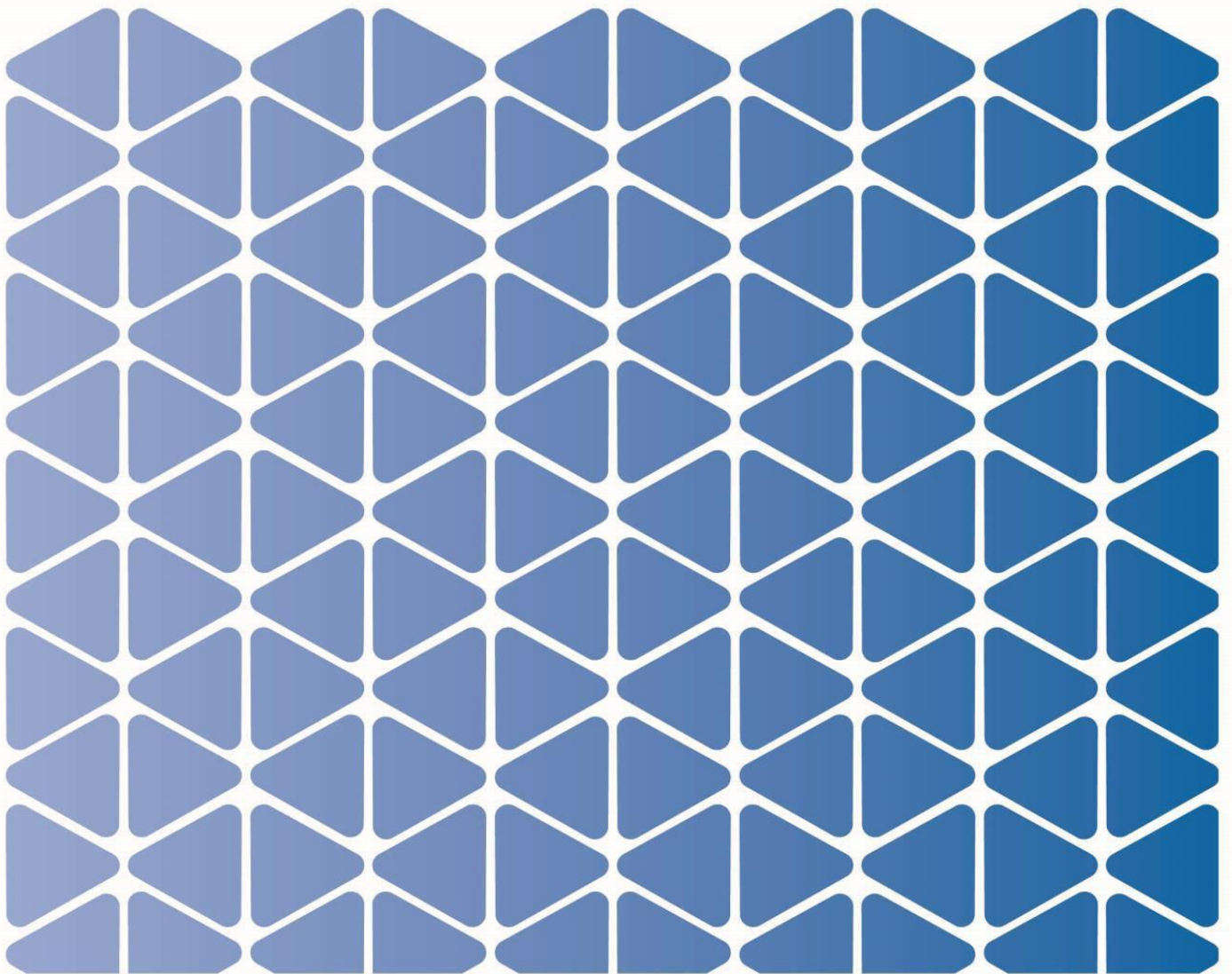


PATIENT INFORMATION

ADVICE FOLLOWING TOE OPERATIONS



Introduction

It has been recommended by your consultant team that you have surgery on your toes or foot. This leaflet will explain what this means for you and will answer most of the questions you may have regarding your surgery and what will happen.

Please read the information carefully and bring it with you to all of your appointments and on admission to hospital.

If there is anything you are still unsure about, please ask your consultant or one of the team. You should feel like you have all the information you need.

We estimate your time in hospital to be short, you may go home the same day or following day dependent upon the type of surgery you are having.

During this time, you will encounter a lot of different professionals that make up the team. We all work together to make your experience as pleasant as possible and to maintain high standards of care.

GENERAL ADVICE

Public Transport is not suitable for your journey home.

If you have received an anaesthetic or sedative, you must have someone to accompany and drive you home after the procedure. You will not be allowed to leave unescorted. You should have someone to stay with you for 24 hours after the procedure.

As judgment and reflexes may be impaired for up to 36 hours after an anaesthetic, do not operate machinery for at least 36 hours.

A sick note may be issued. The length of time you are off work will depend upon your job. If you require further sick notes, please see your GP.

SWELLING

When resting, your leg should be supported straight out in front of you and raised so your ankle is higher than your hip. Regular ice packs can also help reduce swelling and reduce pain. Make sure any ice packs are wrapped in a clean towel or pillow case. Do not leave ice on for longer than 20 minutes but can be repeated every few hours.

PAIN

You will be given appropriate pain killers and you need to take them as directed and follow the advice given by your doctor.

MOBILITY

After your operation, there are a variety of options for how much weight you can put through your operated foot, as dictated by your surgeon.

You will be supplied with walking aids (either sticks or elbow crutches) and a boot to wear over the dressing when you are mobilising.

When walking place your crutches/sticks forward, place your operated leg between the crutches/sticks. Bring the un-operated leg in line with your operated leg. Do not step beyond your crutches/sticks as this can cause you to lose balance.



For the first week only walk short distances e.g. around the house, as necessary and try to rest with your foot up on a stool.

WEIGHT BEARING

Your physiotherapist will tick as appropriate.

☐

Full weight bearing for _____ weeks. You can put as much weight through your foot as you are comfortable.

☐

Heel weight bearing for _____ weeks. Encouraged not to take weight through the toes of your operated foot. You will be taught how to walk with crutches.

☐

Toe-touch weight bearing for _____ weeks. Encouraged only to put weight through the toes of operated foot. You will be taught how to walk with crutches.

☐

Non-weight bearing for _____ weeks. You cannot put any weight through your operated foot. You will be taught how to walk with crutches.

FOOTWEAR

Your physiotherapist will tick as appropriate.

☐

Toe off-loading (Darko) shoe for _____ weeks.

☐

Heel off-loading shoe for _____ weeks.

☐

Flat surgical shoe for _____ weeks.

EXERCISES

After your operation it is important that you rest and keep on top of your pain with any pain killers prescribed. It is also important to do some simple exercises to stop your joints getting stiff, promote healing and circulation.

☐

In sitting or lying, bend and straighten your ankle.

☐

In sitting or lying, wiggle your toes.



STAIRS - GOING UP

It is important to follow this sequence for going up and down the stairs, using your crutches/sticks.

The un-operated leg goes up onto the step first, followed by the operated leg, then the crutches/sticks.



STAIRS - GOING DOWN

The crutches or sticks always go down onto the step first, followed by the operated leg and then the un-operated leg.



If you do not have a handrail on the stairs, use both sticks/crutches in the same sequence.

Please return the sticks/crutches to the Physiotherapy Department after use.

QUERIES:

If you are unsure about any of the advice in this leaflet OR if you require further advice from a Chartered Physiotherapist, please contact:

YOUR LOCAL PHYSIOTHERAPY DEPARTMENT

between 8.30am - 4.30pm Monday to
Friday on the direct dial numbers below:

Worcestershire Royal Hospital

Tel: 01905 760622 / 760187

Alexandra Hospital, Redditch

Tel: 01527 512114

Kidderminster Hospital

Tel: 01562 513066

Other information

The following internet websites contain information that you may find useful.

- www.patient.co.uk for information fact sheets on health and disease
- www.rcoa.ac.uk for information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- www.nhsdirect.nhs.uk an On-line health encyclopaedia
- www.worcsacute.nhs.uk/pre-operative-assessment-clinic

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you

and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.