

## PATIENT NOTES | AFTER FOOT SURGERY

1. The operation you had today was:  

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2. The first 2-3 days are painful and you should take the pain tablets prescribed.
3. If the pain cannot be controlled with oral analgesia, check to see that the bandages are not too tight and impeding the circulation. The foot should be warm, pink and have normal feeling. Conversely if the foot is cold, blue, has pins or needles or is numb then the bandages may be too tight. Do not hesitate to unravel the bandages, or rewrap them loosely and to elevate the foot. If the foot is still unbearably painful then contact the hospital where you had the surgery and they will notify Dr. Negrine directly.
4. Feet swell after surgery so elevation above the level of the heart is advisable in the first week. You may/may not take weight on the operated foot but only in the wooden soled post-operative shoe. Most patients feel more secure with crutches in the first week or two.
5. Keep the bandages dry. This means showering or bathing with your foot in a plastic bag until advised by Dr Negrine that you may get the foot wet.
6. Following the surgery, ensure that you have made an appointment to see Dr Negrine (in general 12 days after the surgery unless advised otherwise)

## IN SUMMARY | HIGH, DRY, CRUTCHES

J. GOLDBERG shoulder surgery  
R. PATTINSON paediatric, general  
A. TURNBULL hip, knee  
T. GOTHELF foot, ankle, shoulder, elbow

W. BRUCE hip, knee  
A. LOEFLER hip, knee, spine  
P. WALKER hip, knee

D. SHER shoulder, elbow, knee  
J. NEGRINE foot, ankle  
I. POPOFF knee, shoulder, general  
J. TRANTALIS shoulder, elbow

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