

Patient information – Foot & Ankle Procedure

You are scheduled to have foot and ankle surgery. Here you will find an outline of what to expect before and after surgery.

PLEASE TAKE FEW MOMENTS TO REVIEW THIS AHEAD OF TIME AS IT PROVIDES IMPORTANT INFORMATION PERTINENT TO YOUR SURGERY.

Weeks before surgery

Please contact my office if you have questions about your upcoming surgery. If you need to cancel or postpone surgery, please notify my office as soon as possible. If you are unsure about cancellation policy or have any other questions, feel free to contact my office.

If you require crutches, they could be purchased at the hospital on the day of your surgery. You would have been told at your initial office appointment if you will be needing crutches or will have other weightbearing restrictions.

One Day before surgery

Please make sure not to eat or drink anything the midnight before surgery. Since you will be going home following your surgery, you will need to make arrangements to be picked up from the hospital by your friends or family.

Hospital staff will contact you one day before surgery to provide you with specific time of surgery. This information is typically not available until the day before surgery.

Day of surgery

Upon arrival to the hospital, please check in with Admitting. Once checked in, please make your way to G6, and check in with the nursing staff. Be prepared to spend at least 6-8 hours at the hospital following your arrival. You will need to make arrangements to be picked up from the hospital by a friend or a family member.

Following surgery, you will typically be placed into a soft dressing. Upon discharge, you will be provided with follow-up appointment and a prescription for analgesia. I will typically see you in 2-3 weeks following the surgery to take out sutures and change dressings/cast. Follow-up appointment will be at the Fracture clinic at the hospital.

First 2-3 weeks following surgery

It is normal to feel tired and have pain after surgery. Please take time to rest. Return to work and physical activities will depend on various factors.

Please keep everything clean and dry. Please do not manipulate dressings unless specifically instructed to do so. If the dressing gets wet, you will need to make arrangements to see me sooner at the Fracture Clinic to have that addressed.

While incision is still healing, please do not put polysporin or any other lotions / creams.

After surgery, you will likely be allowed to weightbear as tolerated. Meaning, that you could put as much weight on the floor as you could tolerate. However, you may find it necessary to take frequent breaks. Please avoid sports and other impact activities until you are seen in the follow-up.

Keep your foot elevated while sitting or lying down. That will help with swelling and pain. Generally, swelling is very common following foot or ankle surgery. It could take several months or longer for the swelling to go away.

You will be provided with a prescription for analgesia following your surgery. Use it as a breakthrough for pain only if needed. Try using other modes of analgesia as well (i.e., Tylenol). Intermittent use of ice packs (15 min on/off, not in direct contact with the skin) would also be helpful.

Few more things to keep in mind:

- Following surgery, you may feel a bit of numbness, tingling, or sensitivity of the skin around the foot or ankle. Typically, this is common, and related to swelling and surgery. This will improve with movement and use after the cast comes off.
- We use a pink-coloured cleaning solution during the surgery to clean your foot. Some of it may still be visible on your skin. That's normal. However, it is not normal for redness to spread up the leg, and needs to be assessed.

Please note that it takes time for the joints to fuse/heal. It is helpful to:

- Supplement your diet with Calcium and Vitamin D
- Avoid smoking
- Patients with Diabetes should pay particular attention to sugar control

Follow-up visit

You will have a follow-up appointment at the hospital in the Fracture Clinic 2-3 weeks after your surgery. Initial dressings and sutures will be removed.

Typically, you will be asked to start moving your ankle, foot and other joints when the dressing is removed. Please follow instructions provided to you.

Once the incision is fully healed (typically, 4-5 weeks after surgery or later if immobilized in the cast), it would be helpful to massage the scar 2-3 times per day. It will help to reduce pain and swelling. It may take several months for the swelling to fully subside.

If you have any other questions, please contact my office at 416-479-1623 or fracture clinic at 416-469-6384.