

**CONTACT YOUR DOCTOR IMMEDIATELY
OR GO TO EMERGENCY IF THE
FOLLOWING OCCUR:**

- Numbness
- Coolness
- Change in colour of skin
- Severe pain or bleeding
- Red streaks appear on the operative leg
- Drainage from wound

DISCHARGE INSTRUCTIONS

FOOT AND ANKLE SURGERY

Langley Memorial Hospital
22051 Fraser Hwy
Langley, BC, V3A 4H4
604-534-4121

Langley Memorial Hospital
Surgical Services



Description of Procedure

Foot and ankle surgery includes a number of different procedures done for various reasons including foot deformities or reconstructive purposes.

Common procedures include

- Bunionectomy
- Joint fusions or arthrodesis
- Soft tissue surgery such as excision of cysts or ganglions
- Internal fixation

While post-operative instructions will vary depending on the surgery, the following instructions can be applied to all foot and ankle surgeries.

Discharge Instructions

- Elevate the operative foot as much as possible after surgery
- Icing the foot or ankle for 15-20 minutes at a time will help to reduce pain & swelling
- You may need a special shoe or crutches, depending on your procedure. Do not put weight on your foot until instructed to do so by your doctor
- If your incision is wrapped with a dressing your surgeon will give you specific instructions as to when you may remove the dressing
- Keep your cast or bandages dry
- Exercise your legs frequently by bending your knees to stimulate circulation and to prevent swelling
- You should take medication for pain as directed by your surgeon.
- See your surgeon for follow-up as directed