



Royal Berkshire
NHS Foundation Trust

Advice following foot or leg surgery

Adult Day Surgery Unit

Introduction

This leaflet will give you advice on how to look after your foot or leg following surgery.

Advice following your discharge from hospital

- Keep the dressing dry until the stitches are removed at your outpatient appointment or by your GP practice nurse. When showering or bathing, you should cover your dressing with a plastic bag.
- Avoid strenuous exercise until your wound has healed.
- For the first two or three days following your surgery, sit with the affected leg raised up.
- Continue with any exercises given to you by the physiotherapist or nurse.
- Re-bandage your wound if the dressing becomes loose.
- If you have any pain or discomfort, take painkillers as required.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website
www.royalberkshire.nhs.uk

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