Kantonsspital Baselland

Center of Excellence
Fuss & Sprunggelenk

Post Foot Surgery Treatment

WE WILL BE HAPPY TO ACCOMPANY
YOUR CONTINUED RECOVERY PROCESS.

Center of Excellence Fuss & Sprunggelenk
Universitäre Klinik Orthopädie & Traumatologie

Dear Patient

Upon completion of your in-patient treatment, we will be happy to assist you with your continued recovery process. In addition to the departure consultation, this pamphlet will provide additional important information for a speedy recovery without complications.

Mobilisation / Immobilisation

After any surgery, in most cases, it will either be necessary to mobilise or immobilise the foot in special shoes / footwear. The choice of therapy is always determined by the surgeon.

A **Hallux splint shoe** is the standard choice for simple surgeries on the front of the foot.

The **Vacoped** is a vacuum shoe that works as an alternative to a plaster cast.

The **Künzli shoe** is a sturdy ankle-high shoe frequently worn after ligament reconstruction and Achilles heel operations.

A **plaster** cast must be worn for an extended period of time if absolute immobilisation is necessary.

Depending on the progression of your recovery, you may potentially be sent home with a temporary, removable plaster cast. In this case, an appointment with the plaster cast service will be set for you in the subsequent week. Once the wound has been examined, if at all possible, a closed plaster cast will be applied.

If you experience pain inside the plaster cast, if you think it is too loose, if it becomes wet or is in hygienically borderline condition, it should be replaced. To make arrangements during the daytime hours, please contact our plaster maintenance staff directly:

BRUDERHOLZ **+41 61 400 67 51** LIESTAL **+41 61 400 23 47**

After 4.30 pm and on **weekends or holidays,** if you should have problems with your plaster cast, please call the emergency room:

BRUDERHOLZ **+41 61 400 60 00** LIESTAL **+41 61 400 90 00**

In the event of any doubts, please visit the nearest emergency room.
If you should reside in a more remote location or abroad, you may also have the plaster changed at a facility near your place of residence.

Sutures / Wounds

Bandages

If you are not wearing a closed plaster cast, your wound will have to be newly dressed every 2 – 3 days (if the wound is weeping, daily changes are required). You can do this at home or with the assistance of the hospital service or your personal physician. Do not remove any scabs and do not use any scar creams or the like prior to the removal of your sutures. If you should notice any redness, overheating or weeping of the wounds (secretion on compresses increases when changing the wound dressing), you absolutely must contact us or your personal physician.

Suture Removal

Sutures will be removed 2 – 3 weeks after the surgery by your personal physician, or when the plaster cast is removed (in this case only after 6 – 8 weeks) or when the plaster cast is replaced.

Swelling / Pain
If your foot is swollen – and this is not unusual during the rehabilitation phase – you will have to keep it in an elevated position as much as possible. Moreover, you may use cooling remedies, since swelling often goes hand in hand with pain. You should take the recommended pain medication at regular intervals at the beginning of the recovery phase and reduce their intake as your recovery progresses.

General

Thromboses Prophylaxis
As long as immobilisation is required or you are not permitted to put your full weight on the foot, the administration of Fragmin or Xarelto must be guaranteed once a day. If you are taking blood thinners (Marcoumar, Plavix, etc.) all the time, you will receive information on your new personal dosage. If you are wearing a Künzli or Hallux shoe, the thromboses prophylaxis may be suspended upon consultation with the administering physician, as soon as you are able to place your full weight on the foot without using walking sticks.

Allowed Weight
You will be told how much weight you can put on your foot after surgery. In conjunction with physiotherapy, you will receive instructions adapted to your needs. Please comply with these instructions until you have had an appointment with your surgeon. If applicable, he/she will give new weight imposition instructions.

Showers
If your wound is not completely dry, you will have to slip a plastic bag over the wound and close it tightly with tape or use the shower protection slip that was given to you every time you take a shower. After 3–4 days, when the wound is dry and no longer irritated, you will be able to shower without these restrictions. Leave the SteriStrips (skin coloured bandages that sit right on the suture) in place until they fall off or are removed along with the sutures. After showering, the wound should be carefully dried with a towel or allowed to completely air dry. As long as you are wearing a plaster cast, it must be protected from exposure to water at all times.

Bathing / Swimming

As long as your foot must remain immobilised, bathing and swimming are prohibited.

Driving

Driving a car while wearing a plaster bandage and Vacoped is permitted only if you had surgery on your left foot and you are driving a car with an automatic transmission. If you are wearing a Künzli shoe, you will be allowed to drive your car as long as you are permitted to place your full weight on your foot and are able to use your full weight when braking in an emergency.
If you drive, you do so at your own risk!

Appointments / Prescriptions

Before you leave the hospital, you will receive the following documentation:

- Surgery report
- Prescription for medications
- X-ray check-up appointment
- Appointment with the doctor's office
- Physiotherapy prescription
- Certificate of temporary disability
- Dispensing instructions

The appointment dates may be sent to you at a later date. Use the prescription to pick up your medications at the pharmacy of your choice.

CONTACT INFORMATION

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