

# Post Foot Surgery Care

After you have completed your post surgery in-patient hospital stay, we will be pleased to support you on your continued road to recovery. In addition to your discharge meeting with the physician in charge of your care, this pamphlet provides important information that will ensure your quick and problem free recovery.

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## Mobilization/Demobilization

Post surgery, most patients will require some form of mobilization or demobilization with the assistance of special footwear. The treatment that's best for you will always be determined by your surgeon.



The **Hallux shoe** is the standard footwear prescribed after simple frontal foot surgery.



**Vacoped** supports are vacuum shoes prescribed as an alternative to a cast.



The **Künzli shoe** is a sturdy ankle high boot frequently worn after reconstructive tendon or Achilles heel operations.



A **full cast** will be required if complete demobilization is essential post surgery over an extended period of time.

Depending on the progress of healing, you may also be sent home with a temporary, removable cast. If this is the case, an appointment will be set up for you for the following week for a cast check-up. At this point, the surgical wound will be checked and if possible, it will be replaced with a full cast.

If you are experiencing any pain while wearing a cast or if you feel the cast is too loose, has become moist or is in a borderline hygienic condition, it should be replaced. For cast replacements, please contact our cast care expert directly **during daytime business hours:**

**Liestal T +41 (0)61 925 23 47      Bruderholz T +41 (0)61 436 20 13**

**After 4.30 pm** and on **weekends or holidays** please call the orthopedic physician on call if you have problems with your cast:

**Liestal T +41 (0)61 925 33 41      Bruderholz T +41 (0)61 436 31 50**

or call the central switchboard

**Liestal T +41 (0)61 925 25 25      Bruderholz T +41 (0)61 436 36 36**

to be connected with the orthopedic physician on call. In case of doubt, please go to the emergency station closest to you. Patients who live far away or abroad can also visit local medical providers to have their casts changed.

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## Sutures/Wound Care

### Bandages

Unless you are wearing a full cast, you will have to change your bandages as follows: daily for exuding wounds; in all other cases in intervals of 2-3 days. You have the option of changing the wound dressing yourself or to get assistance from Spitex or have your family practitioner change it for you. Please do not remove any scabbing and please refrain from using any scar creams and similar products until the sutures have been removed. If you observe any redness or excessive heat in the wound area or excretions from the wound (excretions left behind on compresses increased when you are changing the dressing), make sure you consult your family practitioner immediately.

### Suture Removal

Your family practitioner will remove your sutures 2 weeks post surgery or when removing the cast (which could be 6-8 weeks after the surgery) or when changing the cast.

### Swelling/Pain

If your foot is swollen, which is not uncommon during the rehabilitation phase, you will have to keep it elevated whenever possible. You may also administer cooling applications since swelling frequently goes hand in hand with pain. Initially, you should take the recommended pain medication regularly and reduce your intake as your pain subsides over time.

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## General Information

### Thrombosis prevention

As long as immobilization is required or full load bearing movement is not permitted yet, the 1-time daily administration of Fragmin or Xarelto must be ensured. If you are taking blood thinners continually (Marcoumar, Plavix, etc.) you will receive instructions as to the new

dosage you will need to take. Subject to consultation with the physician in charge, the thrombosis prophylaxis may be suspended as soon as full load bearing is possible without walking sticks if you are wearing a Künzli or Hallux shoe.

### Load Bearing

All patients will be instructed as to the permitted load they can apply. In physical therapy, you will receive customized advice tailored to your specific situation. Please comply with these instructions until you have your appointment with the surgeon who may give you new load bearing advice at the time.

### Taking Showers

If your surgical wound has not completely dried yet, you will have to cover it with a plastic bag and seal the cover tightly with adhesive tape. If the wound is dry and provided there is no irritation, you do not have to observe any limitations when taking showers. Please leave the SteriStrips (skin tone adhesive tape applied directly to the suture) in place until they fall off on their own or are removed along with the sutures. After taking a shower, always allow your wound to dry out completely by exposing it to the fresh air or use a hairdryer to dry the area. You will have to protect your cast against wetness and water at all times while you are wearing one. If it ever becomes wet or moist, it will have to be replaced.

### Taking Baths/Swimming

You will be able to take baths and swim as soon as the sutures have been removed. However, it is practical to wait another 2-3 days to ensure that the wound has definitely closed up completely.

### Physiotherapy

The physiotherapists in our care department will also prepare you for a safe rehabilitation process. After you are discharged from the hospital, you will receive therapy if necessary – depending on the surgery you have had either right away or after a few weeks. You will receive a pertinent prescription before you are discharged or during your first post surgery appointment.

### Driving

If you are wearing a cast, you will be permitted to drive a car only if the surgery was performed on your left foot and if you have a car with an automatic transmission. If you are wearing a Künzli shoe, you may drive a car as long as you have been cleared for full load bearing and if you can perform emergency braking operations. If you've had surgery on your right foot, you may opt for a temporary vehicle conversion. If you have any questions about the conversion of your car, please contact your care manager or follow this link: [orthotec Nottwil Gaspedal](http://orthotec.Nottwil.Gaspedal) > [www.orthotec.ch](http://www.orthotec.ch)

Before you decide to have your car converted for driving, you will have to obtain approval from your insurance company, which is usually subject to an additional inspection.

## Appointments/Prescriptions

Before you are discharged, you will receive the following documents:

- Surgeon's Report – Physiotherapy referral
- Prescriptions – Temporary disability note
- X-ray check-up date – Samples and tools
- Doctor's appointment

Appointment dates may be sent to you retroactively. You may pick up any prescribed medications at the pharmacy of your choice.

## CONTACT

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### LIESTAL

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#### CARE MANAGEMENT

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#### ADMINISTRATION

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#### CAST CARE

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#### EMERGENCIES

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**T +41 (0)61 925 23 45**

### **Orthopedic Clinic**

Foot and Ankle Team

### BRUDERHOLZ

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#### CARE MANAGEMENT

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