

Advice Following Foot/Leg Surgery



1. Walk as normal (unless otherwise instructed).
2. You may require a walking aid (a stick or crutches) for a short period of time.
3. Keep your dressing dry and undisturbed unless otherwise instructed.
4. Keep leg elevated when sitting to reduce swelling and increase comfort.
5. You will be advised about removal of stitches.
6. An out-patient appointment will be given to you before you leave (if required).

It is advisable to rest for 24-48 hours after discharge, as you may not feel up to doing very much. Take the pain killers you have been given, and always following the instructions on the pack.

Follow up

You will receive a letter for your GP and a follow up clinic appointment, if required, prior to discharge.

If you require any **further advice or information**, please contact the staff at DAY SURGERY UNIT Telephone **01324 567537**.

If you have any **urgent concerns or emergencies**, please contact your GP, NHS 24 or present at the Emergency Department (A&E) Forth Valley Royal Hospital, Larbert.

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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