

After your foot or leg surgery

After your surgery

- Take your pain medication as instructed.
- Raise your foot and leg and keep up as much as possible to prevent swelling and to decrease the pain.
- Sometimes the anesthetic used during surgery blocks pain and sensation (feeling) for a period of time after surgery. Sensation usually returns within 12 hours. This time varies with all patients.

Check your foot or leg every hour while you are awake for:

- **Warmth** – should be warm to touch.
- **Colour** – should be close to your natural colour (like your other leg or foot).
- **Feeling or sensation** – you should be able to move and feel your toes.

If you have a cast, splint or backslab:

- It will take about 48 hours for your cast to dry. Let it dry naturally. Do not get your cast wet. Protect it when you use water. Leave it uncovered to dry.
- If you have a backslab, keep the bandage on.
- Support the cast with a pillow when you are lying down. Keep it higher than your heart.
- Do not walk on your cast unless it is a walking cast and it is completely dry.
- Follow your surgeon's instructions about the amount of weight you can apply when walking.
- Do not put anything down your cast to scratch your skin. This may lead to a sore that won't heal under the cast.

Call your doctor if you:

- have a fever of 38°C (100°F) or higher
- increasing bleeding through your cast or bandage
- notice your foot or leg becoming:
 - cold to touch
 - numb
 - blotchy, bluish-purple
 - extremely painful
 - more swollen

Emergency

Go to the Emergency Department if you have:

- shortness of breath
- chest pain

Follow-up

You will be given a follow-up appointment with your surgeon