

## Frequently Asked Questions

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### BEFORE SURGERY

#### Can I take my regular medications?

Yes you can, even on the day of surgery with a small sip of water. Patients with diabetes and those on blood thinning tablets will have special instructions.

#### Do I need to bring my X-rays to hospital?

Yes, if you have hard copies then it is very important to bring all relevant x-rays and scans with you.

#### Will I have my surgery as soon as I am admitted to hospital?

No, there may be a wait depending on the order of the list as to what time you have your operation.

#### Will I see my surgeon prior to surgery?

Your surgeon will see you in the pre-operative holding area before your operation or earlier if there are any relevant issues.

### IN HOSPITAL

#### How do I obtain a medical certificate?

For all certificates call the rooms after surgery.

#### What is the process for discharge from hospital?

Hospitals are busy places and beds are required for other sick people requiring treatment. You will be discharged when pain is controlled by oral medication and you are safe on crutches/frame. You need a responsible person to take you home.

### AFTER DISCHARGE

#### Do I need to make a post-operative appointment?

Yes - if you're not already booked, please call the rooms to make an appointment for two weeks after the operation.

#### When can I drive?

From a motor vehicle insurance point of view, the minimum time is usually after your post-operative appointment. Specific timeframes depend on your surgery.

#### What do I do if my dressings get wet?

Take the dressings down and replace with gauze and a crepe bandage. If you have a cast that gets wet, please contact the rooms.

#### What if my bandages become blood stained or tight?

If this occurs, call the rooms and we will arrange for the dressings to be changed.

### AFTER WOUND HEALING

#### When does the swelling stop?

Swelling often increases over the first 6 weeks and then reduces over the next 6 weeks. This is the normal way the body heals. Rest and elevation is essential in the first few weeks. As the foot swells it is common to have stiffness and mild nerve pain, so attention to swelling is important.

#### What if part of my wound is still oozing?

Some people do have slower healing rates. Changing the dressing daily and keeping a dry dressing in place may be required.

#### When can I travel by airplane?

You should avoid flying in the first two weeks post-op, and preferably the first six weeks. The risk of DVT is higher in the first three months.

#### Will I beep going through the airport security?

Not usually, but in some cases you may activate an x-ray machine (i.e. ankle replacement or large metallic screws). If uncertain, take a copy of your x-rays with you.

### PINS AND WIRES

#### Can I damage them if I knock them?

Usually not, however if the toe shape changes or there is prolonged (not just immediate) pain, then call the office.

### PAIN

#### Will I have pain?

Some pain after surgery is unavoidable. Severe pain that escalates rather than subsides is of concern and you should contact us. There shouldn't be excessive pain after more than a few days so contact the rooms if this is the case.

#### What if I feel nauseated?

The most common cause for this is taking excess codeine or opiates such as Oxynorm, Panadeine Forte or Tramadol. Move to using paracetamol.