Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Following Foot Surgery

Version number: **1.0**
Last modified date: **12th November 2026**

Following Foot Surgery

Patient Information

Trauma & Orthopaedics Department

For more information, visit the Patient Information Leaflets page on the Trust website or scan the QR code.

Leaflet Reference: ML Musc 079

Version: 4

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Post-Operative Care

Following your surgery, your foot will be bandaged and raised on a pillow. You may now begin the following exercises:

After the Operation

- Your foot will be raised while you are in bed to reduce any swelling that may occur. Continue to keep your leg in a raised position when you are sitting down or lying in bed for at least a week following surgery.
- You may have some discomfort following the operation; painkillers will be given to relieve your pain if required.
- Stitches will be removed approximately 2 weeks after the operation either by the district nurse or in the nurse-led clinic at the hospital; further dressing will be applied as needed and you will be advised about these.
- You will be given a special shoe to wear to cover the bandage on your foot.
- An appointment will be made for you to return to the out-patient clinic to check that your foot is healing properly (approximately 6 weeks after surgery).

- More detailed information and ward contact telephone numbers will be given to you before you go home.
- You may be referred to physiotherapy after the out-patient clinic if it is deemed necessary.
- Your surgeon, GP, or physiotherapist will be able to advise you when to return to normal activities.

Exercises

The following exercises should be practised hourly unless otherwise instructed by your nurse/physiotherapist. Perform each exercise on both legs. If unexpected pain develops, you must stop exercising and inform your nurse.

Deep Breathing Exercises

- Ensure you are sitting upright in bed.
- Take three or four deep breaths (no more as you may feel lightheaded).
- Breathe as deeply as possible, forcing the air out on your fourth breath. This may make you cough.

Foot Exercises

1. Gently paddle both ankles up and down. Repeat this five times.

Leg Exercises (perform on both legs)

1. With your legs straight in the bed, press the back of your knees into the bed. Your thigh muscles should tighten up. Hold for five seconds then gently release. Repeat this ten times.
2. Clench the muscles in your bottom together. Hold for five seconds then gently release. Repeat this ten times.
3. Lying in bed, keeping your knee straight, lift your leg approximately ten inches from the bed. Hold for five seconds then gently release. Repeat this ten times, with each leg.
4. If you are sitting in the chair or on the edge of the bed, straighten your knee out in front of you. Hold for five seconds then gently release. Repeat this ten times.

Stairs / Steps with Walking Aids

Always take one step at a time.

Going Up

With the banister on one side, and the crutch in the other, climb onto the step with your non-operated foot first, followed by your operation foot, then finally bring the crutch onto the same step.

Going Down

The crutch goes first onto the step, followed by your operation foot, then your non-operated foot last onto the same step. Where there is no banister, use both crutches.

On Discharge

Once you are safely mobile, further physiotherapy for the first 6 weeks is not necessary. You may walk outside as soon as you feel confident to do so. Continue to walk and move with your walking aids until you are further instructed by your consultant at your clinic review. When resting, keep the foot raised.

Driving

You will not be able to drive while you are in your bandages and surgical shoe.

Routine Post-Operative Appointments

- **Nurse-Led Clinic Appointment:** 2 to 3 weeks for removal of sutures if applicable
- **Consultant Clinic:** 6 weeks

Do not hesitate to contact the team should you have any queries or concerns after discharge.

Contact Information

If your call is connected to an answering machine please clearly leave your name, date of birth, telephone number, and a brief description of your enquiry.

- **Foot and Ankle Practitioner:** 01257 256372 (Monday to Friday 9am until 4pm)
- **Outpatient Department (not for appointments):** 01257 256299
- **Admissions:** 01257 256256
- **Appointments (Outpatients):** 01257 256295

- **Occupational Therapy:** 01257 256306 (Monday to Friday 9am until 5pm)
- **Pain Team:** 01257 773139 (Secretary)
- **Wrightington Office:** 01257 256384
- **RAEI Office:** 01257 252365
- **Physiotherapy:** 01257 256307
- **Pre-operative Clinic:** 01257 256340
- **Ward D:** 01257 256269
- **Ward A:** 01257 256276
- **Ward B:** 01257 256277
- **John Charnley Ward:** 01257 256265/7

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on-the-spot advice, information, and support to patients, relatives, friends, and carers.

Contact Us:

- Tel: 01942 822376 (Monday to Friday 9am to 4pm)
- The Patient Relations/PALS Manager
  Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
  Royal Albert Edward Infirmary
  Wigan Lane
  Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see the patient information leaflet, Ref. Corp 006 *How we use your information*, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover. This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it’s less urgent than 999. Phone: 0808 802 1212 Text: 81212
www.veteransgateway.org.uk



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