

Advice – What to do following a foot operation

Post-operative therapy is of utmost importance for long term success. Your own contribution to this is essential!

Elevation: Do not lower the foot, and if so, only briefly

Cooling: 4- 6 times a day for 15-20 minutes, with pauses in between.

Protection of the foot: According to the instruction of your surgeon, only place pressure of the foot when using the prescribed implements, for example a special protective shoe and crutches.

All joints, with are not fixed with bandages or rods can and should be moved, as tolerance allows.

Normally your surgeon will prescribe physiotherapy after a certain time following the operation, in order to support and guide you.

Alongside (anti-thrombosis injections), which are prescribed in most cases, you can reduce your potential risk of thrombosis by moving.

Please contact your surgeon immediately, if you have the following symptoms. Contact your nearest hospital in an emergency:

- Increased pain around the wound
- Reddening and swelling of the wound and surrounding area
- Weeping of the wound
- Fever and/or chills

These can be signs of an infection or other complications.