

Day Surgery Unit

Leg and foot post-operative advice

The Day of your Operation

When you return home you should:

- Keep your leg/foot raised on 2-3 pillows.
- Observe the dressing for signs of bleeding.

And if this occurs you should:

- Raise your leg or foot as high as possible for ten minutes.
- Call your GP
- Or telephone the Day Surgery Unit if it does not settle within 24 - 48 hours.
- If bleeding is excessive go to A & E

After the Surgery

For the first three to four days after your surgery it is important to stay off your leg or foot as much as possible. This encourages healing and helps in the prevention of pain and swelling.

Please leave your dressing in place and keep it clean and dry until you return to your outpatient's appointment unless you have been told otherwise.

At your outpatient appointment, which will be posted to you, your wound will be checked and any stitches present may be removed.



Patient Information

We recommend that you take painkillers such as co-codamol or ibuprofen, regularly over the first 48 hours after your operation.

In the event of you experiencing any problems please do not hesitate to contact your GP or the UHCW Day Surgery Unit on 024 7696 6868 or 024 7696 6861 or the Rugby St Cross Day Surgery Unit on 01788 663264.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Day Surgery
Contact:	26868
Updated:	June 2022
Review:	June 2025
Version:	4.3
Reference:	HIC/LFT/925/09