



Dr Abdel Kak (FACPS)

Specialist Podiatric Surgeon – Reconstructive Foot and Ankle Surgery

Fellow, Australasian College of Podiatric Surgeons

FACPS, BAppSc(Ex&SpSc)(USYD), M.Pod.Med(UWS), MSc (Podiatry)(QMU)

Post-operative Instructions

1. Keep the surgical area clean and **DRY**. When showering, keep your foot and shoe dry by placing **two** plastic bags over your foot & shoe (in case one bag leaks) and **tape** them to your leg just above the top of the bandage (Duct or masking tape works well). Do not remove the bandages or inspect the wound. A small amount of bleeding may be expected in the surgical area, and temporary numbness is expected. Expect some bruising discolouration on your lesser toes; this is usual.
2. If there is an excessive amount of bleeding or if the dressings feel too tight as if cutting off the circulation, then ring Dr Abdel Kak on his mobile (0403729967). If you can't get advice then cut through the coloured bandage until you see the white bandage underneath. Also notify Dr Abdel Kak if there is any pain in the calf of your leg, or for any other concern you may have.
3. Maintain elevation of the operated foot to hip level as much as possible. Elevate the foot for one hour a few times a day to keep the swelling down. You can walk in the post-operative shoe but only for short periods (e.g. around the house, no more than 5-10 min). If you have been placed in a cast/moonboot, please refer to the post-op expectation sheet for further information.
4. If you have been given a post-operative shoe it **must** be worn whenever you bear weight, even for short distances (eg in the bathroom). Ensure you walk with even pressure along the bottom of your foot; **not** on your heels. Walking without the shoe may contribute to bones moving out of place or pins breaking which may lead to a suboptimal result or the need for further surgery.
5. **Exercise** the legs every two hours by bending the knees and ankles to stimulate the circulation. Do not allow the foot to become cold. Use warm socks if needed. Drink plenty of water
6. Take the prescribed medication(s), to control your post-operative pain. **Start taking your analgesics before any pain is established**, then gradually reduce the dosage as the pain settles. To prevent nausea you should eat before taking the medication. Use ice packs if your pain becomes severe. Please telephone for advice if you have any queries.

* **Analgesics:** _____

* **Anti-inflammatory:** _____

* **Anti-coagulant:** _____

* **Other medication:** _____

Please take your medications as prescribed. If you feel ill or uncomfortable with the drugs, contact Dr Kak and/or the anaesthetist, or your local GP or hospital.

7. In case of concern or emergency, Dr Abdel Kak can be reached at the clinic rooms or after hours on his mobile (0403729967)
8. You will need a **review appointment in 6-10 days** time. Telephone the rooms (02 9196 8977) in the next two or three days to arrange an appointment time (earlier if you have any concerns).

Contact Details:

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