

Before you have your foot operation.....

PLEASE READ THIS VERY CAREFULLY

Anaesthetic:

Whether you are having a local anaesthetic; general anaesthetic (GA) or i.v. sedation for your procedure, this means that you must make sure no food is consumed within 6 hours of your operation. In real terms please ensure that you have had breakfast before 8-00am. After this *clear fluids only*, such as water, black coffee or tea without milk are permitted up to 2 hours before your operation time.

Please visit the website of Dr Aubrey Bristow, Consultant Anaesthetist, at www.unconsciousness.net for more information about your admission and to complete a questionnaire.

Medication:

It is important that you continue to take any medication as normal that you may currently be using. If you are on medication for **Asthma** or **Angina** (e.g. Ventolin or Becotide inhalers, Nitrolingual spray) you should bring them with you when you attend the Hospital.

Home Support:

If you are not being admitted for hospital in-care, it is preferable to arrange for a family member, partner or friend to look after you for 24 hours following the procedure. Also, please arrange for someone you know to escort you home from the hospital. **You will not be able to drive yourself or take public transport (it is an offence to drive with an anaesthetised foot).**

Clothing & Dressings:

You will be asked to change into a gown. After surgery you will have a large dressing that will not fit into a normal shoe. **You should not bring clothing such as tight trousers etc., as you may not be able to pull them over the large dressing following the procedure.** We will provide you with a special surgical shoe to wear. Please bring a flat-heeled shoe or trainer for the other foot. Please wash your foot thoroughly before arriving at hospital and, where appropriate, remove any nail varnish.

You must also remove all items of jewellery, including body piercing as cautery equipment used during surgery could otherwise cause skin burns.

Work:

You will need complete rest for 1-3 days following the operation. The length of time that you must take off work will depend on your recovery, the procedure and your type of work. A period of anywhere from a one day to 12 weeks may be required, depending on the type of procedure/s you are having. A sickness certificate can be provided by your GP following surgery.

Smoking:

A scientific study of 160 patients who underwent foot surgery found that the risk of failed bone healing was 3 times higher in patient who smoked than the non-smoking group. This means that you will have nearly a 20% risk of a bone-healing complication if you are a smoker.

[Source: Nov 2002: Ishikawa, SN, *Foot and Ankle International (Journal)*; University of Tennessee, Dept of Orthopaedic Surgery, Memphis, TN, USA]

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