

DR JASON CRANE

ORTHOPAEDIC SURGEON



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FOOT AND ANKLE SURGERY

You have just undergone major surgery, it is usual for you to experience some pain or discomfort. Take your prescribed pain killers regularly before the onset of pain. If the pain is severe and is not relieved by strong pain killers, then please phone myself or the emergency department.

After your operation you will experience swelling, the area will look bruised and there may be a small amount of blood on the wound dressing. Do not take off the dressing and do not get the dressing wet. If you are concerned about extensive bleeding or a wet dressing please contact your GP or emergency department to change the dressing for you.

Please elevate your leg and apply the ice pack that you have received onto the wound for 20 minutes every hour. You have been given crutches to aid balance and take the weight off the injured limb. Please use these for 6 weeks unless otherwise discussed with me. The physiotherapist will discuss all the do's and don'ts with you as well as help you modify your activities of daily living.

You have been supplied with either a boot or shoe, please always keep this on when walking, you need not wear it when resting with your leg up or sleeping. If you have been given a bunion splint the splint must be worn at all times for 6 weeks.

You have been given a follow up appointment between 10 and 14 days after the operation, at this time I will remove the dressing, check the wounds and if indicated send you for a follow up x-ray.

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