



Royal Berkshire
NHS Foundation Trust

Advice following foot or leg surgery on the Adult Day Surgery Unit

Information for patients

This leaflet will give you advice on how to look after your foot or leg following surgery. If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

Aftercare advice

- Keep the dressing dry until the stitches are removed at your outpatient appointment or by your GP practice nurse. When showering or bathing, you should cover your dressing with a plastic bag.
- Avoid strenuous exercise until your wound has healed.
- For the first two or three days following your surgery, sit with the affected leg raised up.
- Continue with any exercises given to you by the physiotherapist or nurse.
- Re-bandage your wound if the dressing becomes loose.
- If you have any pain or discomfort, take painkillers as required.

Additional instructions

During the first 24 hours following your discharge

If you have any further concerns about your orthopaedic surgery, please telephone Redlands Ward on 0118 322 7485.

Alternatively, for emergencies only, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call orthopaedic doctor.

After 24 hours, please seek advice from your GP

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: November 2025