

Discharge information after your treatment

It is normal to have some lumps and/or bruises that may appear on your legs. These should disappear in two to three months.

Pain relief

Ask your surgeon if you are able to take Ibuprofen, and if so, take Ibuprofen as directed for pain or discomfort.

Compression stockings

You need to wear your compression stockings continuously for 10 days.

Day 1-5: Please wear continuously which includes wearing them in the shower and at night when you are sleeping.

Day 6-10: Wear your compression stocking during the day but you can take them off for showering and at night when you are sleeping.

Open toe stockings come with a slippery foot bag, place this over your foot first, pull stockings on then remove the bag through the toe opening.

Wounds and dressings

The small dressing pad may be removed after five days but it is safe to leave it on for the full 10 days as well.

Once the initial swelling has reduced and you are up and about walking regularly you may find the stocking start to fall down. Pin them up or use paper tape to help keep them up.

Keep moving

It is important to keep moving after your operation. Try to walk around for 10 minutes each hour and go for a good walk each day as you are able.

Make sure your foot and leg are elevated when you're sitting and don't sit or lie with your legs crossed. Avoid standing for long periods.

You can resume most daily activities after two or three days, but you should avoid swimming and hot tubs for two weeks because of the risk of infection. Some low-level sporting activities are also fine. Check with your surgeon if you have any questions.

What about flying?

It's ok to fly:

- within 24 hours of your operation within New Zealand
- after 48 hours within Australia and the Pacific
- after four weeks for the rest of the world

When flying you need to take anti-DVT (deep vein thrombosis, i.e. blood clot) measures. These include wearing compression socks, going for walks while in the air and drink plenty of water. Please check with your surgeon for more advice if you are planning a trip.

What about driving?

If you had any sedation during your procedure please do not drive home and avoid driving for the first 24 hours after your operation. Check with your

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nurse regarding the type of sedation you have had. You can drive again 24 hours after your operation.

What to do if you feel unwell or have further questions?

Please contact us in the clinic if you feel unwell after you leave the hospital and have any of the following:

- Increased pain, redness or swelling in or around the wounds
- Loss of sensation (feeling) or difficulty moving your leg and/or foot
- Excessive bleeding or your wound is oozing
- Fever or chills
- Chest pain and/or breathlessness
- Any other symptoms you are worried about

Contact us

If you have any concerns or questions following discharge from hospital, please contact your own family doctor (GP) or one of the Afterhours medical centres.

In an emergency dial 111 for ambulance assistance.

Afterhours medical centres:

- Kenepuru Hospital Accident and Medical. Open 24 hours/day Phone 04 918 2300
- Paraparaumu Team Medical, Coastlands Shopping Centre. Open 8am – 10 pm daily. Phone 04 298 2228
- Waikanae Medical Centre. Open Monday – Thursday 7pm – 8 am and Friday 5pm – 8 pm or anytime weekends and public holidays. Phone 04 293 6002
- Accident and urgent medical centre, Wellington. Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours Medical Centre you may wish to call Health Line for free advice. Open 24 hours/day. Phone 0800 611 116