

## Foot and Ankle Surgery

The foot and ankle unit at the Norfolk and Norwich University Trust is a multidisciplinary team. The team consists of two specialist foot and ankle orthopaedic surgeons, two podiatrists and two orthotists. All team members are specialists in foot and ankle care and work together to provide a quality service.

There are many reasons why your feet can cause pain and limit your mobility. You will be assessed by a member of the team and treated appropriately. Surgery is usually an option when all other non-surgical treatments have been tried.

### The Team

Orthopaedic Surgeon with a specialist interest in the foot and ankle

- A doctor qualified at medical school and undertaken general surgical training followed by orthopaedic and trauma surgery training. Further specialist foot and ankle training follows.

Specialist doctors in training

- Doctors currently undertaking orthopaedic and trauma training

Podiatrist

- A podiatrist and a chiropodist are the same. They must be registered with the Health Professions Council. Obtaining a podiatry university degree covers foot biomechanics, human gait, non-surgical foot abnormalities management.

Orthotist

- A specialist in the design, manufacture and application of orthoses (An external device that supports the function of part of the body. They must be registered with the Health Professions Council.

### Surgical Treatment

Foot and ankle surgery is performed to reduce pain, improve deformity and increase function. Surgery is not performed for cosmetic reasons. You and your surgeon will make the decision based on your own situation. Each patient is unique and the treatment plan will be designed to meet this.

The team needs to be aware of any allergies and medications you take. This includes prescribed medicines, herbal remedies, aspirin, Warfarin, HRT and the contraceptive pill. Smoking and diabetes increases the risk of foot and ankle surgery

complications. It is recommended to stop smoking and nicotine patches three months prior to surgery. If you have had a previous blood clot called a DVT (deep vein thrombosis) or a PE (pulmonary embolus) please inform your surgeon.

### **Post Surgery Advice**

After the operation you will either have a padded bandage or a cast on your foot. It is important to keep it elevated to reduce bleeding, swelling and pain. Your bandages or cast and stitches are usually removed around two weeks later. It is important to be aware that it often takes over six months and occasionally up to a year to recover from foot and ankle surgery.

**Wounds:** These will usually be covered. If there is persistent oozing or bleeding please contact the team. The wound needs to be kept dry until a medical professional advises.

**Joint Stiffness:** Usually you will be advised to wriggle your toes and bend your knee and hip. This helps circulation and helps to reduce swelling.

**Walking** The degree of mobility following surgery depends on the specific procedure you have had. You may require a special shoe to walk in.

**Sports:** Resuming sporting activity depends on your operation and your recovery speed. Generally it is 3 to 6 months for light exercise (jogging) and 6 to 12 months for contact sports (squash, football).

**Driving:** You cannot drive in a plaster cast, immobilisation boot or post operative dressing shoe. To drive you need to be in full control of the car at all times. The DVLA advise that this is for the patient to decide. You should notify your insurance company to ensure valid cover.

It is normal to have some degree of bruising, swelling and pain. If you have persistent numbness, excessive pain or swelling please contact the foot and ankle team. If you are unable to contact them please contact the plaster room, your ward or your GP.

Orthopaedic surgeons	Mr G Smith	01603 286717
	Mr D Loveday	01603 286583
	Mrs R Hutchinson	01603 286596
Podiatrists	Alan Murchison	01603 286717
Orthotists	Gordon Lindsay	01603 286286
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