

## Foot & Ankle Surgery Information

- Majority of Surgeries are day surgery
- Borrow equipment from Red Cross Loan Cupboard
- Elective surgery – no at home care provided post-op

### Surgical Pathway:

- Foot needs time to heal properly – putting weight on too early or smoking will compromise healing & surgical outcome
- See Surgeon at roughly 2, 6 and 12 weeks after surgery
- Do not put any weight on surgical foot **for first 2 -3 weeks post op at least, minimum of 6 weeks for patients who have fusions in the foot.**
- **Either foot** – no driving while non-weight bearing
- Leave splint/cast on until first visit with Surgeon – usually 2-3 weeks post-op **(If KGH did not give you a post op appt in Ambulatory Care, please call the office to book or call Ambulatory care at 250-862-4400)**
- Sponge bath first 2-3weeks - DO **NOT** get splint/cast wet
- 2-3-week post-op visit at Ambulatory Care at KGH – staples removed
- You will be transitioned into a Robo boot if necessary, at your 2 weeks post op visit. This can be fitted and purchased through the ambulatory care clinic at your follow up visit. Or can be purchased at Three sixty Physio (778) 484-0360.
  - Wear day & night, can take off while seated
- 6 week visit at Ambulatory Care at KGH – will gradually begin weight bearing with direction of Surgeon over 4 weeks) 25-50-75 then (100%)
- Robo boot during day, off at night after 6 weeks (on at night before 6 weeks)
- May begin Physiotherapy at 6 weeks
- 12 week visit at Ambulatory Care – should be full weight bearing, back to regular activities as directed by Surgeon
- Foot & ankle may be swollen several months, very common and not of concern
- **Continued Functional and pain improvements gains will continue over the first 2 years**

### Contact Numbers:

Surgical Optimization Clinic (250) 980-1517

Red Cross Loan Cupboard: 124 Adams Rd – Corner of Sexsmith & Hwy 97

Dr. Bridge/Dobbe Office: 250-861-1221 (Tanja)

Call Hospital for booking related enquires

811 – Nursing Hotline (24 hours)

# Knee Walker/Scooter Rentals

## Kelowna Area



### Monthly rates:

#### **Surge Medical**

#400-1544 Harvey Ave (236) 420-7288 **\$85.00**

#### **Flaman Fitness**

#39-2070 Harvey Ave (236) 420-1085 **\$80.00**

#### **Three Sixty Physiotherapy**

#308-3330 Richter St (778) 484-0360 **\$75.00-100.00**

#### **National Seating & Mobility (formerly Advanced Mobility)**

#4-1495 Dilworth Dr (250) 860-9920 **\$100.00**

#### **Dyck's Home Medical**

1460 St. Paul St (250) 762-3333 **\$100.00**

#### **Motion (formerly Creative Mobility)**

#103-171 Commercial Dr (250) 765-7740 **\$120.00**

***\*\*\*Prices subject to change***

***\*\*\*Knee scooters not available from the Red Cross***

***\*\*\*Other vendors available online and in the Okanagan Area***