

Foot Surgery (No Fusion)

- 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 2 to 3 weeks post operatively for staple removal. (if by chance you leave the hospital without an appointment please call Ambulatory care at 250-862-4400).
- Do not put any weight on surgical foot **for 2 - 4 weeks post op (Your Surgeon will let you know your weightbearing status at the 2-week appointment).**
- 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 250-862-4400)**
- Sponge bath first 2 - 3 weeks - do not get splint/cast wet
- 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.
 - Wear day & night, can take off while seated. (You will be notified by your surgeon at the 2-week appointment if you need one).
- 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***