

Dr Desmond J Soares

MB.BS. F.R.A.C.S
ORTHOPAEDIC SURGEON

Provider No. 037311EK
ABN 96 752 622 146

Website: www.drdes.com.au

Suite 24, Level 2
Springwood Plaza Chambers
3-15 Dennis Road
Springwood Qld 4127
Ph: (07) 3208 5552
Fax: (07) 3208 7775

INSTRUCTIONS FOR PATIENTS FOLLOWING LOWER LIMB SURGERY

Dr. Soares will usually have put local anaesthetic around your wound. This should control your pain for between 8-10 hours after the operation. It **MAY** make your limb numb for the same period.

Please take some **PAIN KILLERS** (usually 2 Panadeine forte for an adult) about 6 hours after your operation. You may need to take 2 tablets every six hours for the first day or two. After the first days, cut back to 2 Panadeine or Panadol every six hours if needed. These can be purchased over the counter.

Please **ELEVATE** your leg. The easiest way to do this is to place 2 pillows taped together under your leg, making sure your **FOOT** is **HIGHER** than your body, or it will swell and throb.

MOVE your toes if you are able to, as this will also help reduce the swelling. Swelling is the cause of the throbbing pain you may experience. You will find **ELEVATION** is very effective in relieving it.

Please use crutches to mobilise. Dr. Soares will have told you if you can put weight on your limb. If you have not been told, please do not weight bear until your review appointment.

If your pain is not settling please go to the Emergency Department of Greenslopes Hospital or Logan Hospital. You will be checked by a doctor there who will then contact Dr. Soares if necessary.

Please take any antibiotics prescribed until you have completed the course.

Please leave your dressings intact until seen by Dr. Soares. This will reduce the risk of developing a wound infection. Please keep your dressings or plaster dry.

FOLLOW-UP APPOINTMENT: Your follow-up appointment will be at

[X] Suite 24, Level 2, SPRINGWOOD PLAZA CHAMBERS, 3-15 DENNIS ROAD, SPRINGWOOD Ph: 32085552 . Please telephone once you get home, and make an appointment, so you can see Dr Soares 2 WEEKS after your operation. Please bring any X-rays you might have with you.

PLEASE GIVE TO PATIENT TO TAKE WITH THEM