

Podiatric Surgery

Guidance for Patients

Your GP, Nurse Practitioner, or Primary Care practitioner has identified that you have a foot problem which needs specialist care. This may be due to pain, deformity or functional problems. The Podiatric Surgery service will review your problem, provide a diagnosis and a treatment plan.

There are many different treatments that may be of help, some of which you may not have tried before and may be of value before considering surgery, these include: physical therapies such as stretching and strengthening regimes, injection therapies including corticosteroid injections, change in your footwear or the fitting of insole devices to change your walking pattern.

In order to proceed with your operation under local anaesthetic and to reduce the risk of having to have a general anaesthetic, there are some things you can do such as:

- Have your blood pressure checked
- Have your weight checked to ensure you are within the safe BMI range for local anaesthetic surgery
- if diabetic, it is important to have good control of your blood sugar as this will reduce your risk of infections after surgery, and to have your HbA1c checked

Improve Your Health and become More Active

Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. The following link will help you get started <https://www.nhs.uk/better-health>.

Smoking and high-risk drinking (over 14 units) is likely to increase your risk of infection after surgery.

Your surgeon may have requested that you lose weight and reduce your body mass index (BMI) before you have your surgery. An ideal BMI is between 21-25. There will be local support groups, within your area, that can provide you with further information about giving up smoking, losing weight and improving you and your families' lifestyle.

Medical Conditions

Many medical conditions can affect recovery from surgery. It is important to make sure any known conditions are controlled as well as possible ahead of your surgery.

T: 03330 100362 | **F:** 01793 421217 | **E:** ihg.contact@nhs.net | www.ihg.org.uk

Independent Health Group, Unit 8 The Office Village, Roman Way, Bath Business Park, Peasedown St John, Bath BA2 8SG

Independent Health Group Limited Registered in England. No. 5307845. Registered Office: Unit 8 The Office Village, Roman Way, Bath Business Park, Peasedown St John BA2 8SG.



Diabetes: Good control of your blood sugar is important to reduce your risk of infections after surgery. If above the acceptable threshold [69mmols] your surgery may be delayed until your diabetes is under better control. Think about your diet and weight and talk to your diabetes nurse or team early to see if they need to make any changes to your treatment.

Blood pressure: should be controlled to safe levels to reduce your risk of stroke. Sometimes operations may be delayed if it is too high. Have your blood pressure checked at your surgery well ahead of your operation – some GP surgeries have automated machines so you can pop in any time. If it is high, your GP can check your medications and make any changes needed ahead of the operation.

Heart, lung, and other medical problems: If you have any other long-term medical problems, consider asking your GP or nurse for a review of your medications, especially if you think your health is not as good as it could be. These are the issues that may delay your operation if something 'abnormal' is detected at your preassessment appointment.

Anxiety and mental health: To maintain good mental health, there are lots of things we can do to help ourselves.

- Get good sleep
- Spending quality time with others
- Live a healthy life; be active, balanced diet.

To learn more about how to maintain good mental health, use the link below.

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improveyour-mental-wellbeing>

Taking an active role in planning and preparing for your operation will help you feel in control. To learn more about preparing for surgery and access the Fitter Better Sooner toolkit and animation resources use the link; rcoa.ac.uk/fitterbettersooner.

For urgent health advice about physical or mental health, when it's not an emergency, please call the NHS 111 service, available 24 hours a day, 7 days per week or you can visit www.nhs.uk.

For something life threatening please dial 999.

