

Podiatric Surgery Information

Sidney West

You have been referred to the Sidney West Podiatric Surgery Centre for a surgical assessment of your foot/ankle condition. The enclosed letter gives the date and time of your initial appointment and this leaflet provides general information about what to expect if you proceed with podiatric surgery.

Your First Visit to the Surgery Centre

At your initial appointment, you will meet the podiatric surgeon or one of his team. Your foot/ankle condition will be assessed, and you may be referred for diagnostic tests (e.g. x-ray or MRI).

If surgery is considered the most appropriate course of treatment for your condition, the surgeon will explain the proposed procedure to you, outline the post-operative care programme, answer any questions/concerns that you might have, and seek your agreement before adding your name to the surgical waiting list.

If surgery is not the best option for you, you will be referred elsewhere for your treatment.

Your Surgical Appointments

Podiatric surgical procedures generally require attendance at four separate appointments, which will all take place at the Sydney West Centre. These appointments are planned to ensure that your treatment is completed quickly and effectively.

If you are given an appointment that you are unable to attend, please contact us as soon as possible. Changing any one of these dates may necessitate the re-booking of all your appointments.

Pre-op Assessment

This appointment will last approximately 30-minutes, during which you will be asked about your medical history, medications & allergies. Your blood pressure will be taken; you will be tested for MRSA (a separate leaflet is available which will explain this procedure further), and asked to sign a consent form.

If you are unwell prior to your surgery (i.e. once your pre-operative assessment has been completed), please contact us immediately. Your surgery may need to be delayed and you may require a second pre-op assessment.

On the Day of Your Surgery

When you arrive at the Podiatric Surgery Centre, please report to the reception desk on the first floor. You may spend up to three hours at the Centre, so it is advisable to bring a book or something to do while you wait, a drink and perhaps a small snack (you can have a light breakfast/lunch before you leave home).

During this appointment, the surgeon will undertake the agreed procedure, and explain your post-operative care regime to you. Please do not hesitate to ask questions if you are unsure of anything that is discussed during or after your surgery.

Post-Operative Care

Most patients attend two or three post-operative appointments, during which the wound will be checked in order to ensure that there is no infection and that healing is progressing as expected.

In addition to the appointments immediately after your procedure, you will be reviewed three months after your surgery in order to ensure a satisfactory outcome.

The Surgical Team

The podiatric surgery team consists of several different professionals who are all dedicated to the success of your treatment.

Your treatment / surgery will be undertaken / supervised by a Podiatric Surgeon who is a Fellow of the Faculty of Surgery (College of Podiatrists). Like dentists, podiatric surgeons are not registered medical practitioners (Medical Doctors), but they are non-medical specialists in the surgical and non-surgical management of problems of the foot and associated structures.

A Podiatric Surgeon has successfully gained both his / her Fellowship (requiring a minimum of six years post-graduate training, including a 2-3 year residency at an approved training centre) and a certificate of completion of training. He/she has undergone comprehensive training, not only in surgical techniques but also in related subjects such as pharmacology, anaesthetic techniques, and radiographic interpretation.

Podiatric surgery is particularly effective for persistently painful conditions, and where the foot is being affected by deformity – i.e. conditions such as bunions, hammer toes, hallux limitus/rigidus, plantar fasciitis, and neuromas.

Sidney West Primary Care Unit is a training facility for podiatric surgery; therefore trainees will be involved in your care. If you have any concerns with this please raise it with the consultant.