

Before Surgery:

- ~ Bring a note of your current medication.
- ~ The appointment will last approximately one hour.
- ~ Eat a normal breakfast/lunch.
- ~ Wash feet and remove all nail varnish.
- ~ Bring open toed sandals/roomy shoes to accommodate dressing.
- ~ Obtain sterile dressings/plasters for after surgery.
- ~ Anyone under the age of 16 must be accompanied by a parent or guardian.

After Surgery:

- ~ You should avoid walking long distances, wear tight shoes or be involved in sport for at least a week after surgery.

Should there be any change to your proposed procedure this will be fully discussed and agreed with you prior to gaining your informed consent.