

B/K AMPUTATION HOSPITAL DIARY NOTES

The reason that I decided to have my foot removed was quite simply after years & years of total constant pain in my right ankle with ulcers following DVT's & PE's, having to take weeks off work when I was unable to walk and numerous stays & visits in many Hospitals.

So on Friday the 18/Aug/17, I was in so much pain with the ulcers in my right ankle as well as the 2 that over the last 3 months I had now got in the bridge of my foot which had broken down on 3 separate occasions. It took the paramedics 4 hours to be able to get me into the ambulance as the pain was so bad.

I was taken on the Vascular ward & kept in as a in patient, I had both a CTC Scan & a Vascular Scan done some weeks before I was given the results by my Constant on the following day & I was basically told that all my veins & valves below my right knee were completely broken down & were not allowing my good blood to back through my veins.

So these were the only 2 options' I was given either continue like I was in total pain and my pain & ulcers will just get worse & worse & my quality of life will get less & less or have my right foot below my knee amputated and then start on a rehabilitation programme of learning to walk again with a prosthetic right foot, and that my quality of life would improve to be as good before I had started with all my medical problems. I was also told that I looked like despite the extreme pain I was in that I had a good drive & mind set for life & that I must have seen the soldiers on the TV that have made brilliant full recovery's from losing their feet & legs and looking at your scans I am 99.9% sure that looking at your scans we can take your foot just below your knee which means your recovery time is quicker as you will need another 50% strength to deal with it as above the amputations need 100% more strength, we will also arrange for both our rehabilitation nurse & our prosthetist manager to come talk to you to tell you if you decide to go ahead with my amputation they will tell you how I will start my rehabilitation, when & where it will take place.

They would now give me some days to think what he has just told me & allowing myself to tell my Fiancée' and my family & for us to talk about it.

When my Constant & his team had left me, I just felt like my world had just totally fallen in on myself, I just did not know what the hell to do, I just looked into space for hours, I asked one of the nurses who was with my Constant if he had really just told me my best option would be to have my right foot amputated below my knee, to which I was told yes he really did & the nurse just said you will be ok you know I have seen loads & loads of both men & women that have had below their knee amputations carried out on them & they are all doing really well now & are living their lives normally now.

I thought to myself that's all well & good you saying that you have still got both your normal legs & feet and you are not having to face losing your foot.

I could not bring myself to tell my Fiancée' or my family the news I had just been given today as I felt completely numb inside. As I knew that it was going to be world changing for both of

us, so I decided that would tell my Fiancée, on the Sunday, but how could I tell my amazing Fiancée' that our world is going to be turned upside down, my Love for my Fiancée' & Her Love for me is so powerful that I could not bear the thought that I had brought this into our lives & she had not signed up for this 20 months when we first meet & instantly fell in love with each other.

So I decided the only way that I could tell my Fiancée' was to just say it as I had being told by my own Constant, & I also said to my Fiancée' that she had not signed up for this when we first meet and even through it would totally break my heart if she wanted out I would perfectly understand, I honestly thought making my decision whether to have my right foot amputated was the hardest & biggest thing I would ever have to make in my life believe me it is massive but nothing compared with saying to beautiful Fiancée' if she wanted out I would perfectly understand.

So I have told my Fiancée' what my Constant has told me what my options' were, & it would break my heart but if she wanted out I would perfectly understand. I have always know how much we love each other from the second we spoke to each other, this was just something else she just hugged me saying its going totally alright my Love we are going to get through this together saying to me that this really will be the best thing that could happen to me as she had seeing myself in so much extreme pain over the last 20 months & the last 6 months had being hell for both myself with the pain & herself watching me in it & battling with it, trying to put a brave face on it especially for our family and she will always stand by me no matter what as she always knows I will stand by her no matter what. I said to her I still can't decide to go ahead with it she said if you don't I will still stand by you no matter what but I think we will have a better life together if you decide to go for it & get a new pain free foot, and she said I am not really surprised that my Constant had put the idea of having my foot amputated before now as earlier in the year I had being rushed into Newcastle Hospital with blood positioning caused by the ulcers, my Fiancée' said to me that I was amazed that the constants in Newcastle did not give myself the option of the amputation as you were so ill and the extreme pain that I have seeing you in especially the last 6 months has broken my heart as I have being so frightened to come near you in case I caught your foot & caused you even more pain, when she told me these things I just felt completely sick inside not for me but for her as I could see the upset & pain in her face, I really knew now that I had no choice but to have the amputation as not only was my own life being completely taken over with the constant extreme pain I was in with my ulcers but it was starting to destroy our amazing relationship, which I will never allow that to happen to us.

I told my Mum as well, she also said that I have never seeing you in so much extreme pain over the last 6 months with the ulcers on my ankle & she felt sick just thinking about it but she said it will give you your life back & you can continue with your amazing life you have got with your Fiancee' and being rid of this pain forever and I know you are extremely mind set once you put your positive head on & I will walk again with a prosthetist right foot.

I feel now that I am so extremely lucky to have such a wonderful & amazing Fiancée' that has again shown her total Love & Commitment to me & I know that she knows how much I love her and think the world of her, and that the thought of myself not dreading to wake up every 2 to 3

hrs in so much extreme pain desperate for heavy oral & tablet heavy painkillers to try & get some ease & maybe a hours sleep if I am lucky, but I am also very upset that I have caused my beautiful Lady to become so frightened to come near me for her fear of hurting me how selfish of me for not seeing this before now.

Regarding my Mums reaction is so positive in telling me that myself & my Fiancée' will be able to continue our amazing life together, pain free forever, & my positive head will make sure I will walk again on a prosthetist right foot.

I now feel that I am 95% sure that I will go ahead with the amputation but I would like to speak to both the nurses that would be working with me at the rehab centre after my operation & what the ideal programme would be, how quickly after it would my recovery to get a prosthetist foot, what the long term effects it will have on my life, and I wondered if they knew of anybody that was roundabout my age that had lost there right foot below the knee not so long ago that would be willing to come & talk to me about how they felt now about having had there right foot amputated and what things & feelings they had being through as well as do they know that they have made there right decision to go through with having there foot removed, I have just spoke to the Staff Nurse on my ward to ask her if she can set up appointment with the rehab staff asap to which she has said she will ring them on Monday for me & let me know, I still can't believe that I am going to be possibly losing my right foot in a few days' time what a hell of a mess I am in, but the thought of not having to live in this constant hell of total extreme pain morning, noon & especially every night, just like I am in now again is such a brilliant feeling, I have just asked the nurse for some more pain killers only to be told I will after wait another ½ hour as I can't have any more till 11Pm, this is hell again.

Thank God its 11Pm I can have some more pain killers now, I am so tried again but no doubt I will be wide awake again all night in extreme pain with my ulcers I am dreading it.

Monday 21/Aug/17.

Bloody hell my pain is through the roof this morning where are the nurses with some of my pain killers, The nurses keep saying to me it's going to alright you know Stewart just think you will completely pain free of my ulcers on my right foot which is all well & good for them to say they are not having make the biggest decision of their life's,

I still feel just numb inside, I can't believe that I am in hell of a boat like this, I have just being told by one of the staff nurse that the people from the aftercare rehab centre are going to come & see me this Weds, there will be Pip who is the nurse manager of the centre & somebody called Helen who makes prosthetic feet, oh God this is really starting to hit home that I am realising at a rapid rate I am very likely to be having my right foot amputated, I know I have to keep positive about this but I am having a hell of a time trying to accept it that said, but this might sound mad but I have had a good talking to myself & I have told myself that no matter which way I finally decide to do regarding my foot, I am going try my best to be positive when I speak or text my Fiancée' & my Mum as it is breaking my heart to see how upsetting this is for them.

Tuesday 22/Aug/17

Hells bells the pain is really bad in my foot, I just wish this extreme pain would go away now, I have just received another amazing full of love & encouragement text from my Fiancée' saying to myself if I have the amputation done that our life's will get even better together as we will be able to do all the things we have always talked about we are going to do.

Weds 23/Aug/17

I have seeing the team of Constants & Doctors today again they are all telling me that I will alright having the amputation on my right foot as they see people like me every day before having the operation & how much pain they are in then the sheer relief in their faces after they wake up of having no more pain, but I still feel so empty inside.

Pip & Helen from the rehab centre have being to see me to talk to me about what happens to myself if I go ahead with the amputation & that they will be there for me whenever I need help weather that is guidance with work in there Gym to get myself fit for a new foot or help me fill in forms for a blue badge or other things that I will be entitled to after the amputation of more foot, I have asked them if it would be possible for them to be able to arrange for myself to meet a man of about my same age who has lost one of his feet to be able to hear is side of things from somebody who has really had his foot amputated, they said they would do their very best to get somebody to come & talk to me as soon as they can.

Thurs 24/Aug/17

I am so tried this morning again this morning the pain in my foot was hell most of the night, I just want it to stop, the only good thing that has happened to me is that I have being told that Pip & Helen from the rehab centre have contacted the ward & they have got a guy coming in to see me tomorrow morning to talk to me about how he feels now about having is foot amputated, I still can't believe this is really happening to me.

Fri 25/Aug/17

Well today is the day I have being dreading as well as wanting to here from the guy who has had one of his feet amputated not so long ago, having spoken to this brilliant positive man who lost his right foot 18 months ago, the first thing he said to me I know what you are going to ask me would I have decided to have his foot removed earlier than he did knowing what how he feels now his answer was yes definitely, he told me that he had a massive motorbike accident causing his foot to get extremely badly crushed & the constants asked him if he wanted them to save his foot, he had said yes to that but never thought he would send him to hell with so much extreme pain & being on masses of heavy pain killers just like I am, he has told me that he was just like me he went throw a period of complete denial & disbelieve that this can't be happening to me after battling for so long of 5 years with this that this in real terms is the best thing that can now be offered to me, he has said I will tell you right up to even being given the Anaesthetic, he was still asking the Anaesthetist, if I am doing the right thing. He then went on to say that it was the best thing that I did, I have got my life back and I am able to live my life to the full again especially spending in time with my Wife and my children, he said look at all the things I can do with my new foot, he said I am looking at you and I can see a lot of you in me

and that it will take you time to learn to walk again with a new foot but from my conversation that we have had today I know that I have the correct mind set and determination to get through losing my bad foot and learning to walk again on a new pain free foot and now know that I will go through with the amputation of my right foot and when you do I would like to keep in contact with you afterwards, I have thanked this kind man for coming to see me this morning.

He was right because by having this brilliant conversation with him this morning he had given me so much self believe that I will walk again and have a pain free life by going ahead with myself having the amputation, and he had given myself the last 5% to say 100% I am going to have my right foot amputated, I contacted my Fiancée' to tell her that I had made up my mind to go ahead with having the operation, I also told her that I have asked for my Constant to come back to see myself this afternoon because I wanted to find out when I could have my amputation carried out now.

My Constant has just being to see myself now and explained that they only do emergency amputations on a weekend from this ward and that it is a bank holiday om this Monday coming if it's ok with me they would like to operate on myself next Thursday 31/Aug/17, I can't believe it still my head is all over the place with both feeling frightened of the un know but also knowing that for the first time in ten years in a few days' time I will wake up with no ulcer extreme pain is such a great feeling.

Sat 26/Aug/17

Today my ulcers are giving me hell again, I still can't believe in a few days' time I will be having my right foot amputated it all just seems to be a dream & I am not part of it just stood on the outside looking down at myself, one of the nurses has just said to me, it's good to hear you beginning to start to talk more about how I will have a pain free life when I get my new foot, I have just being treated to KFC by my amazing Fiancée' boy it has being nice, I am so, so lucky to such a beautiful brilliant Lady in my Fiancée'.

Sun 27/Aug/17

Another rough night with pain from my ulcers, just had a Doctor with me for the last half an hour trying to get a blood sample from me with no joy as my veins seemed to have run away I have asked him not to come back today but he has said he must get a blood sample from me today in order that they can get some spare blood for my operation so he coming back in a couple of hours I can't wait more pain.

Mon 28/Aug/17

It's a bank holiday today, I have asked that both my Fiancée' and my Mum stay at home today as they are both so tired with travelling every day to see me in here, we have talked to each other on the phone and sent each other texts.

Today has given me the chance to write out 3 cards that I never thought I would ever have to write out in my life.

The first one to My Beautiful Fiancée' to tell Her How Much I Love Her and I Always Will and Thank Her for Finally making my Life Complete in Every Way Possible, and that I Always have known How much She Loves me and for Her Always to look Forward & Never look back whatever happens and to Always Live Her Life to the Full.

The second card to my Mum, Quite simply to say Thank You to both herself and my Dad for having me, and giving me a fantastic childhood when I was growing up.

The third card to my truly amazing Step family who have made me feel so loved and part of the family.

The reality is really driving home now, that in a few days times I am going to be having my right foot amputated, but I still can't believe this is happening to me, It's a very a sicken feeling deep inside that by writing out the above cards to my amazing Fiancée' and my Family that these if my operation goes completely wrong, I will never again get to write them any of their Birthday, Anniversary or Christmas cards again this has just sent me feeling numb & cold deep inside me.

Tues 29/Aug/17

Not had much sleep again my pain is the same old hell, and on top of that there has being another man brought on to our ward in the early hours of the morning who has clearly got some major problems, I do hope he starts to come round and he can start his road to recovery., it's really hard in here sometimes, The doctor has just being to see me again for me to give some more blood, he has just told me he always wanted to get blood from a Yorkshire man as he is from Wigan in Lancashire, I told him it's not his fault he was born in the wrong coloured rose country of red unlike myself who is born & breed in "Gods own Country" of the white rose, we had a good laugh about it, he said it's good to hear myself feeling a bit happier than I have for last few days, I just said that's how I am normally but I am finding this very hard to deal with he told me I would be fine as joking apart us "Northern us" are made out of "Solid Grit & Determination" which I thought was a great thing to say. He went on to say we are now stopping your warfarin as your amputation is just 2 days away, then straight after your operation we will start you warfarin injections.

I don't really know what I am feeling today, I have spent most of day looking at the 1000's of brilliant photo's I have got on my mobile of my beautiful Fiancée' and our amazing family as well as all the fantastic places and things we have done together since we meet, I just keep telling myself that I will be in very safe hands with my Constant and he has done this type of amputation loads of times before, and I know I can & will walk again be pain free with a new right foot and my life is going to be so much better with my Fiancée' and we will be able to do all the things we have planned to do for so long together and the main one is that I will get to walk back down the aisle when we get married and have the first dance with her as my Wife and myself being her Husband and I can't wait for that day as I know it will be the best day of my life. I can't wait to see my beautiful Fiancée' this evening as she is calling to see me on her way from work this evening.

Weds 30/Aug/17

I have told myself that the only way I can deal with having my right foot being removed is by climbing the biggest mountain I have ever climbed in my life, getting to the top throughout today, then in the morning standing on the highest of all ridges and finally jumping off tomorrow as I go into a theatre for my amputation.

God knows this is hard, this time tomorrow I will be only hours off having my foot amputated, The Constants have just being to see and told me that they have got a free slot this morning do I want it, I have said yes, Jesus I need to ring my Fiancée' and Mum to tell them they are operating on me later this morning, Oh hell I was not expecting this, my Fiancée' and Mum are on their way in to be with me before my operation now, my heart is racing.

I don't believe it the Constant has just being to see me again a few minutes ago, and he has just told me he has not read my notes until a minute ago they can't carry out my amputation today as I am a warfarin patient and they are not getting my blood delivered to them until later today for tomorrow, I have just said to him you are joking aren't you, I have got my Fiancée' and my Mum rushing in to see me now before I go down for my operation, he just said they won't carry it out till they have got my spare blood in the hospital, talk about feeling so deeply let down and sick inside. My Fiancée' and Mum have just arrived and of course I have to tell them of the constants messed up, they really cannot not believe it, they are very upset for me, but they have just said that we understand how hard this must be for me, but all I can do is re climb the mountain again, stand on the ridge and jump off tomorrow when I go for my operation I have said I fully understand but it is so hard to do again.

I just don't want to close my eyes tonight, I have covered up my right foot to try to see what it will be like after my operation tomorrow, I have just had some amazing texts from my Fiancée' which are full of Love and positive things for our pain free future together as Man & Wife.

Thurs 31/Aug/17

Well this is it there's no way of going back now, I am back on the mountain now and ready to jump off the ridge into a pain free life now with my beautiful Fiancée', I feel like my mind is running at 1000 mph, I can't believe that in few hours' time I will going down to one of the operating theatre's to have my right foot amputated, I know deep down it has got to be the right thing to do & knowing that I will wake up after the op with no more pain from hell with ulcers on my foot I know will be such a brilliant feeling after all the years of hell & back I being through with them, but my feelings inside me are saying to me are you doing the right thing God forbid if it goes totally wrong I will never see my amazing Fiancée' again or my family, don't be so stupid Stewart that's not going to happen my Constant has done this type of amputation 100's if not 1000's of times over the years here on this ward and everything has gone ok with those people having the same type of operation, I need & I now am focusing on my new pain free life & being able to go to all the places we have planned together with my beautiful lady and being able to play with my amazing Grandchildren, I have just being told by the constants I am 3rd on the list so I should be going down to the theatre roundabout lunch time, I have just rung my Fiancée' and Mum to tell them what time it should be happening, I have suddenly felt an amazing feeling of total clam in the whole of my mind & body about my

amputation. I don't know where it has come from but I know definitely I am doing totally right to go ahead with having my hell pain foot removed.

The patient that is 2nd on the list has just gone down to the have there operation and I have just being told that I am next, I do feel nervous inside but I think anybody would with any operation, I have just asked one of the nurses what's going on its now just turned 2pm and I have not signed my consent form or had my Anaesthetist yet as I was told would happen before my operation, she has just told me now that the patient who was 2nd on the list has had a few problems but I will definitely be the next patient going to theatre today, God Knows this is hard, Thank God I have just signed my consent form and the Anaesthetist along with the theatre nurse who will stop with me right through my operation and will be there when I wake up in the recovery room., Here I go they Anaesthetist and Theatre Nurse have come to take me for my amputation now I think it about 4pm, this has being one hell of a wait today but at least now I am finally on way.

I can just remember talking to the Anaesthetist asking him if they had got my correct blood in the room before the operating theatre has I could see right into it as the doors were wide open, then next thing I was waking up in the recovery room, they have just told me everything has gone as planned, I felt tired but I have not woke with a banging headache like I did when I had another op a few years ago,

I just wanted to get back on the ward to be able to put my arms around my Fiancée' and tell her we did it and we can look forward to our brilliant future together. When I knew I was being taken back on to the ward my heart was racing, The feeling that I got deep inside my heart when I saw my Fiancée' face was the best feeling I have ever felt in my entire life, we just hugged & hugged each other.

I would say to anybody who has to face having to have one of your feet below your knee amputated " Go for it " as I feel amazing & totally ulcer free of hell pain.

Stewart 52 Years Old.