

BUNION SURGERY POST-OP INSTRUCTIONS

DAY 1

- Elevate foot on 2-3 pillows for 2 to 3 hours
- Use crutches for stability when walking to the bathroom. DO NOT place foot weight on the foot
- Use ice 3 times a day
- Take two tablets of pain medication every 4-6 hours as needed
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated area for up to 24-36 hours.
- Post-operative elevation in body temperature is normal for the first 48 hours.
- Keep the dressing clean, dry, and intact.

DAYS 2-10

- Continue protected weight-bearing in the surgical shoe on foot using crutches but try and keep the foot elevated at most times. A walking cast boot may be dispensed at this visit.
- You may return to work during this period if your work is not standing and permits you to have your foot elevated for long periods
- Continue pain medication as needed one tab every 4-6 hours as needed
- You may take Aleve or similar NSAID (Advil, Ibuprofen, or Motrin) from day 2-14
- Keep the dressing clean, dry, and intact.
- First post-operative visit is Wednesday following surgery. Appointment should have already been scheduled. If not, call the office at 203-936-6677 to schedule a follow-up appointment for dressing change and radiographs.

DAYS 10-14

- Second post-operative visit for removal of sutures and radiographs
- Steri-strips applied to the incision line are to remain in place for at least 3-4 days.
- Resume getting the foot wet in the bath or shower but do not soak the foot
- You will begin to put more weight on your foot as dictated on a case-by case basis
- Physical therapy will be initiated for joint mobilization and strengthening

WEEKS 2-4

- Increase the amount of weight and activities
- You may still have to use the post-op shoe to manage swelling
- You may use a wide shoe (sneaker) as the swelling permits

WEEKS 4-6

- Return to Dr. Key's office
- Physical therapy will likely be continued until full range of motion has returned
- Radiographs will be taken
- You can now return to activities without restriction.