

Bunion Surgery Post Op Course

1st 5 days after Bunionectomy Surgery:

You will be using your crutches to keep the weight off of your foot whenever possible. If the doctor allows you to you may put some weight on your foot when needed for balance. You will have a big bandage on. You should not get your foot wet at all unless you have cleared this with Dr. Bregman or Dr. Berman. If you purchased a shower bag you may get your foot wet.

It is extremely important to keep your foot elevated and continue icing as much as possible. You should limit your activity to activities of daily living only. You can expect to have some pain or discomfort after the anesthesia wears off. You should take your narcotic medication that was prescribed for you and if this is not helping you should call the office. It is normal to see some blood on your dressing after surgery but this should dry up the next day. If there is a lot of bleeding, call the office please. You should avoid any hot tubs certainly. **You should be checking your temperature every day and looking for any signs of infection including red streaks in your foot or leg. It is also important if you have any trouble breathing or any problems with cramping in your legs which could indicate a blood clot.**

2nd Week after Surgery:

Usually your sutures are removed if necessary however most of the time Dr. Bregman uses absorbable sutures which do not have to be removed. Your activity level will start to increase at this point and you most likely will be able to get your foot wet. You will be given a compression stocking **to wear only during the day.**

You will also start more aggressive range of motion exercises to maintain the motion of your great toe joint. If you had other procedures performed as well this will also be addressed. Often times you will also start ambulating with a cam walker/walking boot and **you will not need to use your crutches** but you can if you want to.

Sometimes at this point also Dr. Bregman will recommend a **Dynasplint** which is a device that looks like a surgical shoe with a spring-loaded attachment for range of motion. **Jeff Long** is the representative who will contact you regarding this treatment.

It is still important to keep your foot elevated and ice as needed during this time and take any anti-inflammatory medication such as Advil or Aleve for 2 more weeks. You will still be experiencing some discomfort especially if you are too active. Sometimes professional physical therapy is also indicated.

3rd to 6th Week after Procedure:

At this point your activity level will increase and your foot will swell according to your activity. Every patient will swell differently therefore your activity level cannot be exactly ascertained. It is still important to continue icing and elevate your foot if you are having swelling. At this point you should be in a **sneaker or walker boot** to ambulate. The surgical shoe should not be used unless absolutely necessary. You can briefly use a hot tub if you desire. No more than 10 minutes.

7th-9th Week after Procedure:

You should now have limited amount of swelling at this point and good range of motion of your toe joint. X-rays will be taken to confirm healing. Your shoe gear will depend upon your level of swelling. At this point limited physical exercise can begin but swimming and stationary bicycling most likely is acceptable. You should speak to Dr. Bregman regarding your activity at all times.

3-6 Months after Procedure:

During this time you will still experience occasional discomfort when being too active and your range of motion should continue to improve. Your shoe gear will depend upon your level of swelling. About 90% of your swelling should be gone by the end of 6 months. You are not limited in your activity level at all. Usually a follow-up appointment is made around 6 months to confirm that the toe is in good position and you are not having any problems. If you are having any difficulties you should contact the office.

6 Months-12 Months after:

The final 10% of healing occurs during this time. There should not be any problems at this point. If there are please contact the office.

Miscellaneous information: If a pain pump was utilized during your surgery it is extremely important that the pump is removed after no longer than 3 days. If necessary the doctor can do this for you. You also should make sure that you ask any questions regarding your surgery before the procedure as well as anytime after the procedure. If the doctor does not know about a problem it cannot be fixed.

Patient Signature _____

Date: