Hyprocure Subtalar Stent Post Op Protocol

First week of Recovery

The area surrounding the surgical site should be numb for approximately 8 hours after the surgery. If the pain level rises to 5/10 I recommend that you start utilizing prescribed pain medication. The reason that you would have pain after surgery is secondary to inflammation and swelling. You should start taking anti-inflammatory medication on a regular basis for up to 6 weeks directly after the surgery this includes taking Aleve 1-2 tablets every 12 hours or Ibuprofen 3 - 4 tablets every 4-6 hours. It is also **very important to ice the area** as much as possible over the first several days this **30 minutes out of every hour while you are awake.**

It is important to **stay off the foot as much as possible**. Even though the foot may feel great the more walking you do may cause damage to the surgical site and more postoperative pain can occur. You also need to utilize crutches or a Walker to stay off the foot during the first week. It is important to keep the leg elevated as much as possible. This will keep fluid from accumulating around the surgical site and it is important to limit the intake of sodium by avoiding junk food and large amounts of soda.

Occasionally the dressing can cause discomfort because it is too tight and if this is occurring please call the doctor and we can guide you through adjusting the bandage if needed. **The foot will certainly feel a little stiff and difficult to move for the first week which is normal.** Your dressing will be changed at your first visit and you should keep it completely dry till then.

Second to Third Week of Revovery

It is still important during this time that you continue to ice and take anti-inflammatory medication. Your activity level can slightly increase as long as you are not experiencing any pain and swelling around the surgical site and you should be using your cam walker which will have been given to you. At this point you will be participating in range of motion activity and possibly professional physical therapy as well as the use of DynaSplint home therapy to restore range of motion. If you had a release of the gastrocnemius tendon as part of the surgery your recovery will take slightly longer. You will also have weight-bearing x-rays taken around the third week to verify that the implant is in good position. Sutures will also be removed between the second and third week as needed. You may resume regular bathing between the second and third week.

Third to Six Week

During this time you will slowly increase your activity level and enough scar tissue will be present to hold the implant in place. It is still possible to dislodge the implant after 6 weeks but highly unlikely. After 6 weeks you will start to be able to walk more normally and begin light exercise depending upon swelling and pain. You can still have pain around the surgical site that feels like an ankle sprain as a result of stretching the ligaments out from putting the foot in the corrected position. This usually resolves but sometimes requires a cortisone injection.

Six to Twelve Weeks

During this time you will see a significant reduction in the amount of pain and swelling that you are experiencing and there will be minimal limitation of activity depending upon how severe the flatfoot was prior to surgery. You will probably still experiencing some tightness and discomfort in the morning but this will resolve over time. It is important to realize that you are still getting used to walking differently and correctly

Six Months to One Year

Generally there should not be any limitation and you will have minimal discomfort depending upon your activity level. Occasional twinges of pain will always be normal however if you are still having significant pain it may be necessary to remove the implant or downsizing of the implant may be necessary. As always any questions or problems contact the office.