



LAPIDUS BUNIONECTOMY

This is a typical post-operative course - patients heal at different rates and this protocol is subject to change depending on your progress at the physician's discretion.

DAY 1:

- You will be given crutches or a walker the day of surgery.
- You will use crutches, a walker or a knee scooter to remain non-weightbearing.
- Once you return home, elevate your foot with 2-3 pillows as much as possible for the next 24 hours. If you elected to rent the compression and ice device, begin using these devices.
- It is normal for your foot to feel numb for several hours that may last 24-36 hours. If you experience pain, begin using your pain medication as directed.
- You may notice a small amount of bleeding through your bandage. This is normal. If your bandages become soaked with blood, call your doctor.
- Cast/splint and dressing that was placed on your foot and ankle are sterile. You are not to change, remove or get the dressings wet. You can use a shower protector to keep your dressing dry while bathing.

DAYS 2-10

- Your first follow up appointment with your doctor will be within 3-7 days of your surgery. Please ensure that you have a date and time for this appointment. At this visit, x-rays will be taken, a new sterile dressing will be re-applied, and you will be placed in a boot. You will remain non-weightbearing in cast or given a walking boot at this visit.
- Continue to elevate your operative foot 18-20 hours per day. It is critical to elevate as much as possible while the skin is healing. If you have been cleared to return to work, you will still need to elevate throughout the day.
- If surgery was performed to your right foot, no driving for 4-6 weeks following surgery unless instructed otherwise by your physician. When you do drive, do not drive in the walking boot. Use a rigid sandal or the post op shoe.

DAYS 10-14

- Your second post-operative visit is usually scheduled at 2 weeks following your surgery. Your sutures will be removed and steri-strips (special Band-Aids) will be applied. These will remain in place for at least 3-4 days. You may resume getting the foot wet in the bath or shower but do not soak the foot.
- You may potentially start to transition to weightbearing in a walking boot at this time, pending incision progress, swelling, and pain.

WEEKS 4-6

- You will increase weightbearing in the boot during this time

- Physical therapy will be started to begin range of motion, strengthening, and balance exercises

WEEKS 6-8

- You will begin transitioning out of the walking boot and into a supportive shoe at this time.
- You will increase weightbearing activities with the guidance of physical therapist and your surgeon.

WEEKS 8-12

- You will increase activities as tolerated.
- At week 12 you should be back to pre-operative activity levels

CALL YOUR DOCTOR IF:

- You feel calf pain, shortness of breath, nausea or chills.
- You get your bandage wet.
- You have side effects such as a rash.
- You have bluish or cold toes.
- You have a temperature over 100 degrees F.
- You fall or injure your surgical foot.