



## HAMMERTOE SURGERY

*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 also be given a post op shoe.
- You may put weight to the heel with the use of your crutches or walker.
- Once you return home, elevate your foot with 2-3 pillows as much as possible for the next 24 hours.
- 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.
- The 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.
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### 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 may be taken and a new sterile dressing will be re-applied. Depending on your hammertoe procedure, you may also be placed in a walking boot. You can bear full weight in the boot. You will take the boot off to shower and to sleep.
- Continue to elevate as much as possible throughout the day. 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, your doctor may clear you for driving after your 1st postoperative visit. Do not drive in the walking boot. Use a rigid sandal or the post op shoe that was given to you the day of surgery.

### 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.
- If you have a pin in your toe, you will leave the sterile dressing intact and keep the foot dry until it is removed. This is usually done by week 3-4.

### WEEKS 2-4

- You will be fully weightbearing in the walking boot and around week 2-3 you may be allowed to transition into a supportive gym shoe. If you have a pin or an implant in your toe, you will remain in the boot for 4-6 weeks.
- You may increase the amount of activities that you do depending on your tolerance. Most people are able to return to work by week 2-3 if you haven't already.

**WEEKS 4-6**

- You will be scheduled for your 3rd post-operative visit. You will be released to resume regular activities and exercise as tolerated. It is normal for swelling to continue, so you may need a shoe that is slightly larger than your usual size. Otherwise, a comfortable shoe of your choice can be worn. Dress shoes may be uncomfortable until your swelling has subsided.

**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.