



Soft Tissue or Simple Bone Excision 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. Depending on where your incision is you may be able to bear weight day one. If the incision is on the bottom of your foot you may need to be non-weight bearing for 2-3 weeks.
- 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.

DAYS 2-10

- Your first follow up appointment with your doctor will be within 3-7 days of your surgery. At this visit, x-rays will be obtained and a new sterile dressing will be re-applied. You may be placed in a walking boot at your surgeon's discretion. You can begin full weightbearing unless the incision is on the bottom of your foot.
- Continue to elevate the surgical foot as much as possible. 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, your doctor will clear you for driving around 2-4 weeks following surgery. Do not drive in a 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

WEEKS 2-4

- You will be transitioning into a supportive shoe as tolerated once the incision is healed.
- A compression stocking may be recommended for swelling.
- You may increase the amount of activities that you do depending on your tolerance. Most people are able to return to work at this point if you haven't already.
- 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.

WEEKS 4-6

- You will be released to resume regular activities as tolerated around week 4. Your doctor will give you a rehab program to safely return to exercising.
- 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 injury your surgical foot