



## **FLATFOOT RECONSTRUCTIVE SURGERY POST OPERATIVE INSTRUCTIONS**

### **DAY 1:**

- " You will be placed in a posterior splint immediately following surgery. This is similar to a half cast. You will be given crutches or walker the day of surgery. You will also have the option of a wheelchair or knee scooter. You may not bear any weight on the foot.
- " 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 or leg 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 2-14**

- " 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, a new sterile dressing will be re-applied, and you will be placed back into your posterior splint. You will remain nonweightbearing.
- " Continue to elevate 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.
- " Continue to use the ice and calf compression machine if this was prescribed to you. This is typically used for 7-14 days following your surgery.
- " If surgery was performed to your right foot, no driving for 6-8 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.
- " Electrical pains and swelling is normal. This may persist for several weeks and sometimes months following surgery.

### **WEEKS 2-4**

- " Your second post-operative visit is usually scheduled at 2 weeks following your surgery. Your sutures will be removed and you will be placed in a nonweightbearing full cast. This cast will remain on for 2 weeks. Care should be taken not to get the cast wet.

### **WEEKS 4-6**

- " Your old cast will be removed, x-rays will be taken, and a new cast will be applied at 4 weeks and you will remain nonweightbearing for the next 2 weeks.

### **WEEKS 6-8**

- " Your cast will be removed, x-rays will be taken and you will be placed in a removable walking boot to begin 50% weightbearing. You will progress to full weightbearing in the walking boot over the next 1-2 weeks.
- " Physical therapy will be initiated.
- " You may be given a compression stocking to control swelling.

## **WEEKS 8-12**

- " You will begin to wean from the walking boot and into a supportive gym shoe over the next 1-2 weeks. Physical therapy will be continued.
- " By 10-12 weeks, begin athletic activity at 10%. This will be done under the guidance of physical therapy and will increase by 10-15% every other day.
- " By 4-5 months, most have returned to higher impact activity (running, playing sports etc)

## **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.