

1st Toe Fusion Post Operative Protocol

Day 0-14	Keep Dressing on and clean. May use Heel ONLY to transfer and stand with boot/sandal on. All weight must only be on the Heel. Use walker and knee scooter as much as possible
Day 14-21	1 st Visit – remove stitches.
Week 3 - Week 6	Weight bearing on the heel only in boot/sandal. May increase time walking on heel. Use walker/scooter as needed
Week 6 – Week 8	2 nd Visit - Begin Walking flatfoot in boot/sandal
Week 8 -12 wk	Increase distance in walking in boot/sandal. Increasing normal walking in sandal/boot week by week.
3 month	3 rd Visit - Increase Activity as tolerated in good shoes with Carbon Fiber insert

MTP fusion

- no barefoot walking until 10 wks after surgery
- @ 2 weeks wound check and increase walking on heel in boot/sandal
- @ 6 weeks recheck w/ XR. Keep in boot/sandal and begin walking flatfoot
- @ 8 week begin walking normal in boot/sandal

Common Answers to Common Questions

- Keep Surgical Dressing and splint on until your first follow up appointment.
- Keep your dressing dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen's pharmacies
- Do not take any medication with Tylenol (acetaminophen). The medication we provide contains Tylenol. Too much Tylenol can damage your liver.
- A fusion requires stability. Despite your desires, do not wiggle your toe or walk on your toes. This will jeopardize your surgical success and potentially lead to another surgery.
- Knee Scooters are very helpful during the first couple months
- Do not submerge the leg in water until 4 weeks. Until then Simply let the water wash over your wounds, but do not scrub or submerge the wound. Avoid scented lotions or creams. Mederma Scar Gel/ointment can be used if desired.

Walking Boot/ Sandal Instructions

You must wear the boot to sleep until 4 wk after surgery, then you may sleep without it. You can remove the boot to shower. You may remove the boot to shower, and 2 other times a day. This is a total of 3 times a day for approximately 20 minutes each. During these 20 minutes you may begin gentle up and down ankle motions, but do not try to wiggle your toe.