

## Cheilectomy and Cartiva Post Operative Protocol

Day 0-7	Walk in post op sandal. Keep foot Elevated as much as possible
Day 7-14	Begin manual manipulation exercises. Keep dressing on. Continue Elevation
Day 14-21	1 <sup>st</sup> visit: suture removal – continue PT . Slowly Begin wide shoe wear
Day 21-week 6	continue PT and begin light exercise
Week 6	2 <sup>nd</sup> visit. Begin tighter shoes if possible
Week 6- week 12	Progress from light exercise to full activities.

### Common Answers to Common Questions

- Keep Surgical Dressing on until your first follow up appointment. Even during your first therapy sessions. DO NOT REMOVE DRESSING.
- Keep your surgical 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.
- I advise no driving until after your 1<sup>st</sup> post operative appointment if your right foot was operated on. The surgery can alter your brake reaction time.

### Expectations

- Goal of Surgery is increase motion with less pain.
- Early manipulation is key to success. If you avoid manipulation and movement of the toe it will become stiff and painful.
- At 2 weeks you can begin to wear shoes, HOWEVER swelling will limit which shoes you can wear. Wider tennis shoes and sandals will be easier at first - Be patient.
- You will notice more swelling as you increase your activity, at the end of the day, and if you are not elevating your foot. Swelling increase your pain. Swelling will improve week by week, month by month. At 6 months a full recovery is expected