

## Deep Peroneal Nerve Excision Protocol

Day 0-7	Walk in post op sandal as needed – no more than 5 minutes at a time. Keep foot Elevated. Do not remove dressing
Day 7-14	Increase activity in sandal and transition into shoes – walking 10-30 minutes at a time. Do not remove dressing
Day 14-21	1 <sup>st</sup> visit: suture removal – increase activity
Day 21-week 6	Increase activity in shoes – allow light exercise
Week 6	2 <sup>nd</sup> visit. Increase activities
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. 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
- It is ok to use Tylenol along with your pain medication. You can take up to 3000mg of Tylenol a day.
- 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 increasing activity with less pain without undergoing a fusion procedure which has a long recovery period.
- We are not removing your arthritis. In this surgery we remove the nerve that allows you to feel the arthritis.
- 80% of patients are satisfied with the pain relief.
- 85% of patients would repeat the surgery.
- 84% would recommend this surgery to a friend
- 10% of patients will eventually underwent midfoot fusion
- At 2 weeks you can begin to wear shoes and slowly increase your activity
- 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 increases pin.