

Bunionette/Tailors Bunion Post Op Protocol

Day 0-14	Weight bearing as tolerated in sandal, however, try to keep foot elevated for the first 7-10 days to decrease pain and swelling. Keep dressing dry and do not remove dressing
Day 14-21	1 st Visit – remove stitches. Can shower but do not submerge foot.
Week 3 - Week 5/6	Weight Bear as tolerated in sandal. Keep pins dry and clean
Week 5 - 6	2 nd Visit – Repeat XR.
Week 6 - 12	Weight bearing in normal shoe. Increase activity level week by week
Week 12	3 rd Visit. Expect Full Activity in normal shoe

Common Answers to Common Questions

- Keep Surgical Dressing on until your first follow up appointment.
- Keep your dressing dry at all times. When bathing during the initial 2 weeks 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.
- The Post op sandal is protection. Do not walk without the sandal until 5wk post op
- Most of the swelling will improve by 3 months. However, at the end of the day you will still notice some swelling up to 6 months after surgery.