

Bunion Open Post Operative Protocols

Day 0-14	Walk in Post Op Sandal as needed– elevate as much as possible. Do not remove dressing.
Week 2-3	1 st visit. Remove stitches and place new dressing
Week 3-6	Continue walking exclusively in sandal. Do not remove dressing
Week 6	2 nd visit. Begin normal shoe wear. Begin spacer and Velcro splint
Week 7- 2 months	Begin transition to wide tennis shoes. Physical Therapy if Needed
2 mo – 3 mo	Increase activity level and progress to light exercise in Tennis shoes
3 months	3 rd visit. Resume all activities as tolerated
6 month	Final visit.

Common Answers to Common Questions

- Keep Surgical Dressing on until your first follow up appointment. Do not remove it, even for bathing.
- At your 1st post operative visit the dressing will be removed and a 2nd dressing applied. This 2nd dressing is important in correcting your bunion. DO NOT REMOVE the 2nd 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.
- Swelling will be worse at the end of the day and if you have walked a lot that day.
- I advise no driving for at least 2-3 weeks if your right foot was operated on. The surgery can alter your brake reaction time. Some patients will progress quicker than others.

Velcro Splint and Toe Spacer

- Starting at 6 weeks the Velcro splint is worn at night only. The toe spacer should be worn during the day.
- At 12 weeks after surgery you may stop wearing the splint and you may decrease the amount you use the spacer.

Sandal and Shoe Wear

- For weeks 0-6 the Post op Sandal must be worn whenever you are walking or standing. If you are not standing or walking, you do not need to wear the sandal.
- At 6 weeks begin wearing wide tennis shoes. Your toe will still swell at 6 wks, so you will not fit in all shoes. Good tennis should be the main shoe you wear until 3 months. Be patient and understand you can fit into more shoes as the swelling goes down.

- At 3 months most patients will fit into most shoes. Some patients will continue to retain swelling for 6 months after surgery. Very tight, narrow, and slim shoes will be difficult to wear until all swelling has stopped.