

Bunion MIS Post Operative Protocols

Day 0-14	Walk in Post Op Sandal as needed– elevate as much as possible.
Week 2-3	1 st visit. Remove stitches and place in Velcro bunion splint
Week 3-6	Continue walking exclusively in sandal. Continue Toe motion
Week 6	2 nd visit. Begin normal shoe wear
Week 7- 2 months	Begin light exercise. Physical Therapy if Needed
2 mo – 3 mo	Increase activity level and progress to moderate exercise
3 months	3 rd visit. Resume all activities as tolerated

Common Answers to Common Questions

- Keep Surgical Dressing on until your first follow up appointment. Do not remove it, even for bathing.
- It is ok to move your toe. Swelling will be worse at the end of the day and if you have walked a lot that day.
- 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 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

- Initially the Velcro brace should be worn all day and night from week 3-6. You may remove it to bath, and 2 more times a day to work on up and down toe motion.
- Starting at 6 weeks the Velcro splint is worn at night only. The toe spacer should be worn during the day.
- At 8-10 weeks after surgery you may stop wearing the splint

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. I advise putting more pressure on the heel than on the toes
- At 6 weeks begin wearing wide tennis shoes. Your toe will still swell at 6 wks, so you will not fit in all shoes. Be patient, and understand you can fit into more shoes as the swelling goes down.
- Swelling will slowly decrease, and by 12 weeks you should be in most shoes.
- Some patients will continue to have swelling for 6 months after surgery. Very tight, narrow, and slim shoes will be difficult to wear until all swelling is removed.