

Hammertoe Correction 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. Pins remain in
Week 3 - Week 5/6	Weight Bear as tolerated in sandal. Keep pins dry and clean
Week 5 - 6	2 nd Visit – Take XRays and pull pins in office
Week 6 - 12	Weight bearing in normal shoe. Swelling will slowly decrease week by week.
Week 12	3 rd Visit. Increase 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 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.
- While pins are in place, you may only stand and walk in a post operative sandal.
- Walk stiff kneed, this keeps your toes straight and prevents pin bending and breaking.

Pin Care

- Pins will remain in until 6 weeks. Sometimes the pins begin to back out early. Do not attempt to push them back in. Call my office and we will see you back ASAP.
- Keep pins clean. Use alcohol pads or a soapy water to clean the pins one time a day
- While pins are in the foot do not submerge the foot in water. Showering is OK, but not submerging in a bath. Just allow to shower water to rinse over the foot.
- While pins are in place, you may only stand and walk in a post operative sandal.
- To prevent pin bending and breaking, walk stiff kneed. Do not walk normal as it bends the toes.
- Pins can sometimes become infected. These normally clear up with a short course of antibiotics. Please call our office if you notice:
 - Clear or discolored pin drainage
 - Increasing toe redness