

Zadek Calcaneal Osteotomy

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| Day 0-14 | Keep Non Weight Bearing. Do not stand or walk on the operative side. Keep splint dry and do not remove. |
| Day 14-21 | 1 st Visit – remove stitches. Transition into walking boot at this time. |
| Week 3 - Week 6 | Begin to stand and walk as tolerated – increasing amount of time on foot every week – use walker/knee scooter as needed |
| Week 6 | 2 nd Visit – Increase walking in boot |
| Week 6- Week 12 | Transition from boot into normal shoes with gel heel cup. Begin light exercise as tolerated |
| 3 month | 3 rd Visit – Increase to full activity as tolerated. No restrictions. |

Common Answers to Common Questions

- Not every patients' surgery is the same, and not every patient will progress the same. Sometimes we progress patients quicker or slower depending on their surgery.
- Keep Surgical Dressing and splint on until your 1st follow up appointment.
- Keep your splint/cast 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.
- Knee Scooters are very helpful during the first month.
- Do not submerge the leg in water. Simply let the water wash over your wounds, but do not scrub them. Just gently wipe the wounds with soap and water, being sure not to scrub too hard or submerge the wound. Avoid scented lotions or creams. Mederma Scar Gel/ointment can be used if desired.

Walking Boot Instructions

At Week 3 you may remove the boot when resting and sleeping. However, you must not stand or walk without the boot until Week 6. When up right or mobilizing you MUST wear the boot, even you plan to use Crutches, Scooter or a Walker. No one plans to fall, and the boot protects surgery if you do fall. So please wear the boot if you are upright and moving.