

Flatfoot Reconstruction Post Operative Protocol

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 a cast
Week 3 - Week 7	Non Weight Bearing. Use crutches/scooter as needed
Week 7-8	2 nd Visit – Repeat XR. Transition into Boot.
Week 8- 10wk	Continue No weight bearing. Start Physical Therapy
Week 10	Begin standing and walking in boot.
Week 12	3 rd Visit. Repeat XR.
Week 12 – 6 month	Continue PT. Slowly increase walking. Transition into Ankle Brace.
6 month	4 th Visit. Increase Activity as tolerated. Wear brace if needed

Common Answers to Common Questions

- Keep Surgical Dressing and splint on until your first 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.
- Toe motion is ok, just do not move through your ankle until the boot is applied

Walking Boot Instructions

The boot is given at Week 8. The boot must be worn at all times. You can take it off to bathe, sleep, for therapy and occasionally in the day. The boot is meant to protect the surgery, so anytime you are up moving around (even if using a scooter/crutches) you must wear the boot. Starting Week 10 the boot only needs to be worn while standing or walking.

Splint/Cast Instructions

A splint and cast are used to immobilize the ankle. Do not attempt to walk or move the ankle while the splint or cast. Also do not get them wet. You should keep it dry at all times. Please do not put anything into to the splint or cast to scratch the skin. This can cut the skin and lead to infections. If you feel the cast is rubbing to much or is too tight, please contact us so we can remove it. Do not attempt to remove it yourself.

Swelling and Skin Color Change

Swelling and skin color change are normal parts of healing. Do not be alarmed as swelling and skin changes linger for months. Expect Swelling, skin color change, and aching to last 12 months after surgery. It improve month by month up to 12 months. At the end of the day it will be more swollen and more “purple” than at the beginning of the day.