

BUNION POST-OPERATIVE COURSE SUMMARY

WEEK ONE POST OP

- Dressing change. Continue keeping bandage dry.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK TWO POST OP

- Sutures out.
- Dressing change. Continue keeping bandage dry.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK THREE POST OP

- Dressing change or discontinued.
- If dressing is discontinued then:
 - Begin Stretching, ROM (range of motion), and massage therapy to incision site as instructed.
 - Begin wearing toe spacers during the day and the bunion night splint at night. Do not walk on the night splint as it will break.
 - You may shower and get the foot wet.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK FOUR POST OP

- 1ST x-ray to evaluate correction
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed.
- Continue wearing toe spacers during the day and the bunion night splint at night. Do not walk on the night splint as it will break.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK SIX POST OP

- 2nd x-ray to evaluate correction
- Begin (WBAT) weight bearing as tolerated flat footed in regular/flat shoes.
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed.
- Continue wearing toe spacers during the day and the bunion night splint at night. Do not walk on the night splint as it will break.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK EIGHT POST OP

- 3rd x-ray to evaluate correction
- Begin (WBAT) weight bearing as tolerated in regular/flat shoes.
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed.
- Continue wearing toe spacers during the day and the bunion night splint at night. Do not walk on the night splint as it will break.
- Continue to elevate for pain and swelling control.
- If you have a screw that needs to be removed:
 - It will be done between post-op week 8 and 10.
 - The screw removal will be done in the office.
 - Bring your post-op shoe with you as you will have light bandage that will need to stay on for 2 to 3 days. Keep the bandage dry.
 - After the bandage comes off, you may shower, but no immersion like a bath.
 - The steri-strips will fall off in approximately 7 days.

WEEK TWELVE POST OP

- 4th x-ray to evaluate correction
- Gradually increase activity level. No impact/high impact activity (running/jumping)
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed. Use sunscreen on incision site during summer months.
- Discontinue wearing toe spacers during the day and the bunion night splint at night.
- Continue to elevate periodically for swelling control. Swelling in the foot may be present in the foot for a year to 16 months after surgery.

SIX MONTHS AFTER SURGERY

- No restrictions on activity.