



Bunion and Hammertoe Post-Operative Instructions

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Bunion or Great Toe Fusion +/- Hammer Claw Toe Surgery... What Happens Next?

Overview: You will advance into an oversized running shoe and gradually start back to activities of daily living and light sporting activity over the next 4-8 weeks.

SPECIFIC INSTRUCTIONS

1. MON TUES WED THURS FRI SAT SUN

- You may take a quick shower and wash your incision, but **DO NOT** soak your foot. Stay out of hot tubs, pools, lakes, etc. for 1 month. Shower time is the only time you will be briefly barefoot for the next month. Your bones are healing and need support.
- **DO NOT** put lotions, antibiotic creams, vitamin E on your incision.
- Please wear a loose-fitting cotton sock. **NO** nylons, tight fitting anklets or socks for 4-6 weeks, they will **CHANGE** your toe position.

2. MON TUES WED THURS FRI SAT SUN

- You can get fit for a temporary oversized flexible running shoe. Schuler Shoes will assist you. Usually the shoe fit is 1/2 to 1 size longer to accommodate your post op swelling and your new foot. Make sure there is no irritation to your surgical incisions,
- The reason we have you advance into a flexible running shoe is to help the toes passively start to move and prevent post op stiffness. You will not be able to actively move your toes this early in the recovery.
- With hammer or claw toe surgery, the joint within the toe is permanently "stiffened" to prevent recurrence, do not try to move these joints.



- Advance your activity gradually over the next 4 weeks. Good schedule is up on your feet 2-3 hours per day, adding another 2-3 hours per day per week. For example:
 - i. Week 1: 2-3 hours up
 - ii. Week 2: 4-6 hours up
 - iii. Week 3: 6-9 hours up
 - iv. Week 4: 8-12 hours up
- DO NOT be surprised with fatigue, during your recovery we have kept you on the couch with foot elevation! If you are not moving from point A to B, STILL try to keep your foot up, you will notice more swelling as you become more active.
- You can ice your foot now. Make sure you have a cloth or buffer between your skin and ice.
- Your recovery is not smooth progress every day. You will have setbacks with changes in pain and swelling depending on activity, weather, foot elevation. With hammer and claw toe surgery, these smaller toes are usually the last to recover. This is normal.
- If you can continue to take the anti-inflammatory (IBUPROFEN) please do so. This will help with your recovery, watch for any GI side effects.
- For RIGHT FOOT surgery, most people feel they can start driving at week 3-4 (bunion), week 5-6 (claw toes), week 8 (fusion). Make sure you feel comfortable enough to "slam your foot on the brake" if necessary.
- Some of your old shoes may not work. You have a different foot and your old shoes have been deformed by your old foot.
- You may start to experiment with other shoes 8-10 weeks after BUNION surgery, 10-12 weeks after FUSION surgery. Do not throw any of your old shoes out for 6 months.
- They need to be comfortable and NOT pushing your toes back into pre-op position if you keep them.
- Follow up: There is not usually a need for a scheduled follow up.
- We do want you to call us with an update:
 - @ week 6 (BUNION, CLAW TOES)
 - @ week 10 (FUSION)

***If you have ANY questions prior to the above,
please call us: 952.456.7179.***

We can see you at any time during your recovery if you have concerns.