



General Post-Operative Instructions Chevron Bunion Correction/Bunionette

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SPLINT/WOUND CARE:

- After surgery a dressing is placed on the operative extremity. This should be left in place until your first follow-up appointment. Make sure to keep it clean and dry. Patients are given a postop boot/shoe to wear.
- Elevate extremity above the level of your heart to minimize pain and swelling.
- After dressing removal it is okay to get incision wet. Do not submerge incision in any type of water for 6 weeks. No ointment or lotion for six weeks.

DIET:

- After surgery, some patients experience nausea. This can be related to anesthesia or pain medication. It is best to begin with clear liquids and light food such as crackers. You may progress slowly to your normal diet as tolerated.
- Pain medication can also cause constipation. An over-the-counter laxative, high-fiber diet or fruit juice may be helpful. Drink at least 8 glasses of water each day.

MEDICATION:

- Most home medications may be resumed the evening of surgery or the following day unless specifically directed by your surgeon.
- Patients are given a prescription for pain medication. Take this medication as prescribed; do not increase the dose without checking with your surgeon.
- Take pain medication with food to help decrease nausea.
- Taking medication prior to bedtime may help with sleeping.
- Do not drink alcohol or drive while taking narcotic pain medication.
- Pain medication likely will not take away all of your pain. It is okay and normal to have some discomfort.
- Remember to call before you run out of medication to allow time for approval for a refill.

ACTIVITY:

- Patients are heel touch weight bearing after surgery in a postop boot/shoe.
- Return to work depends on your job requirements and your recovery. This can be discussed at your follow-up appointment.

- Returning to driving after surgery varies per patient depending on the leg surgery was performed on. If surgery was performed on your left leg, it is okay to drive once narcotic pain medication has stopped. If surgery was performed on the right leg, you need to be cleared by your surgeon. This can be discussed with your surgeon during a clinic visit after surgery. Rule of thumb is generally when you are out of the boot/shoe you are able to drive.

REASONS TO CALL THE OFFICE:

Please call the office for any of these concerns:

- Fever above 101.5°F
- Excessive pain, swelling or hardness of the calf
- Excess drainage at surgical incisions
- Excess nausea/vomiting
- Extreme redness around the incision site. Some redness is normal
- Any other questions or concerns

FOLLOW-UP APPOINTMENTS:

- A post-operative follow-up appointment will be made for you at the time your surgery is scheduled for 2-3 weeks after surgery. If you do not have an appointment scheduled for after surgery, please call our office.
- The sutures will be removed at the first post-operative visit. X-rays will be obtained. Instructions of gentle range of motion exercises will be given as well.
- Patients will follow in 6 weeks for x-rays. Patients transition to a normal shoe. It is okay for stationary bike/elliptical exercising. Continue range of motion exercises.
- Patients follow up again at 10 weeks postop for x-rays. At this time it is okay to resume activities without restrictions and follow up as needed.