



## General Post-Operative Instructions Hammertoe with Metatarsal Shortening

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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. A postop boot/show is given 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 weight bearing in postop shoe/boot for approximately 4 weeks after surgery and progress from there as directed.
- 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 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.
- Patients are to remain heel touch weight bearing for the first 4 weeks after surgery.
- The dressings and sutures will be removed at the first post-operative visit. X-rays will be obtained and patients continue to heel weight bear after this visit.
- Patients will follow up in 4 weeks postop for pin removal. Continue to heel weight bear in post op shoe.
- Patients follow up again 6 weeks postop for x-rays. Patients transition to forefoot weight bearing. Patients are instructed on toe range of motion and how to use Coban as needed.
- Patients follow up in 10 weeks postop for evaluation. Patients transition to a regular shoe, continue range of motion exercises and Coban as needed. Patients can increase activities with the exception of running.
- Patients follow up in 16 weeks postop for x-rays. Patients can increase activities including running.