

BUNION REPAIR POST OP PROTOCOL

Dr. Coetzee

Important instructions following surgery:

- Elevation is absolutely critical to your recovery. Ice is not as helpful because you have thick bandages/dressings. Keep your foot elevated 12-16" above your heart for the first 72 hours after surgery.
- Swelling is controlled by elevation, not medication. The best way to keep your swelling and therefore pain under control is elevation. Ibuprofen and other anti-inflammatory drugs don't reduce swelling that has already occurred, they prevent new inflammation and subsequent swelling.
- Don't trade sleep for elevation. If you can't sleep on your back with your foot elevated, stop elevating. Sleep is more important.
- If you had surgery on your toes, don't wiggle them. It's fine to move your ankle back and forth as long as it doesn't hurt. Don't worry about wiggling your toes. We've bandaged your toes in a specific position for alignment during recovery. **Please don't remove or alter your bandage.**
- Some bleeding is normal. Blood is sterile--it does not increase your likelihood of infection. If your bandages are soaked and uncomfortable, we can change your dressings. If you have some bleeding that looks unsightly, but doesn't hurt, it's best to leave your dressings in place.
- Reinforce your dressing for breakthrough bleeding during the 1st 48 hours after surgery. We cut your bone...its normal for it to bleed. Your dressings are sterile on the inside (including your blood). Removing your dressings also removes the sterility around the surgical site.

What to expect after surgery:

Weeks 1-2: Minimal activity out of the house. You may be weight bearing as tolerated in your post-op shoe. Gradually decrease the pain medication you're taking. Every patient is different in terms of pain management. You should have some discomfort, you just had surgery. Soreness is your body telling you to slow down, listen to it. **Your bone is healing during this time. Do not push through pain!**

Exercise: You will get a good sense of how much you can be on your foot after the first 72 hours. Your gait will be abnormal with the post-op shoe, do not walk for exercise. You may go to your fitness center and do upper body/core exercises. You may ride a stationary bike on low resistance.

Weeks 2-6: Gradually increasing activities. Stay in your post-op shoe for weight bearing activities. Listen to your foot. If it is sore, rest. Your bone and supporting soft tissues are still healing. Still too early to push through pain during activities.

Exercise: After your sutures come out, you are able to get your foot wet. If you're a swimmer, you can begin swimming. Stay in deep water and do not push hard off the wall. Keep resistance low on exercise bike. You may use an elliptical trainer while wearing the post-op shoe.

Week 6 and beyond: After your 6 week follow-up x-ray, Dr. Coetzee may recommend physical therapy. PT helps to retrain your gait and re-educate your muscles from walking improperly for 6 weeks. You may begin doing regular activities gradually and wearing regular shoes. It's not unusual to take 1-2 weeks to feel comfortable walking in regular shoes after your 6 week follow-up. If you're a runner, and your goal is to get back running, you should see a physical therapist to help you. Do not plan to run until 3 months after surgery. Please be patient. It takes between 6-12 months to get to a final result. You will keep improving up until a year after surgery.