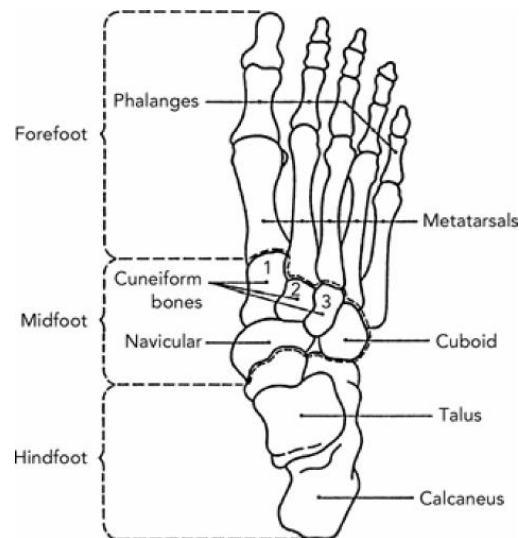


Common Post-Op Concerns



Forefoot:

Q: Why do my toes not touch the ground?

A: Early on after surgery, the toes may not touch the ground due to swelling in the toes themselves as well as in the pad of the foot. Elevation of the lower extremity is recommended and this will improve with time. Further out from surgery if the toes do not touch the ground it may be due to a contracture of the extensor tendon in the toe.

Q: Why are my toes numb?

A: Numbness (paresthesia) is common with toe and forefoot surgery. The numbness will typically resolve as the swelling goes down.

Q: Why are my toes still swollen?

A: It is not uncommon to still have swelling in your forefoot and/or toes 3 months out from surgery. Most swelling will resolve during this time but it may be up to 3 months before you feel that your foot appears “normal” and footwear is comfortable.

Midfoot:

Q: Why do I feel like I’m walking on the outside of my foot?

A: You may feel that you favor one side of your foot due to pain. This will resolve as swelling continues to go down and with physical therapy specifically working on gait training.

Q: Why do I feel like there is a band across the middle of my foot?

A: The tightness you may feel across your midfoot is due to swelling. This feeling will improve as the swelling in the foot subsides.

Q: Why is my post-operative foot a darker color than my non operative foot?

A: The vascular supply is effected during surgery. The venus return is a lower pressure system. It can take several months before the coloring appears similar to the non-op foot, this is normal.

Hindfoot:

Q: Why does my heel hurt?

A: If you had a subtalar fusion, there is an incision on the apex of the heel. The soft tissue in this area can remain tender for several months. If you have persistent heel tenderness, you can use a silicone heel cup to alleviate some of the pressure on this area.