



Foot Bunion Surgery Post-Operative Care

Post-Operative Shoe:

You will be provided with a postop shoe for your comfort. Use the postop shoe when you are up. You may put weight on the heel of the shoe only and use your crutches as necessary. Elevate the foot at the heart level or above. For the first 5-7 days after surgery avoid having the foot dependent. Try to always have the foot elevated, at minimum up on a chair.

Dressings:

You will have a bulky dressing over your foot. You may notice some bloody spotting coming through the outer dressing. Although it is unlikely to be significant bleeding, contact us if it continues to become saturated. Otherwise, any small area of spotting will dry and can be ignored until you remove the dressings. Do not remove the dressing unless instructed to do so.

Sutures:

The sutures utilized in closing any wounds are not absorbable. They will be removed at approximately 10-14 days after surgery.

Ice:

Ice and elevation will help minimize the pain and swelling after surgery, especially during the first few days. You can keep ice packs on the foot for 30 minutes every 1-2 hours during the first few days without risk of frostbite injury to the underlying skin as long as the original dressings are in place. The initial post-operative wrap involves multiple layers of cotton gauze and padding, therefore insulating the skin surface reasonably well. Once you have removed the original dressing, I would recommend ice applications to the large toe region for only two minutes at a time every 2 hours as needed for pain and swelling.

Bathing:

You must keep the dressing dry and can use the bath with the foot hung out of the tub or sponge bath. If you must use the shower you will need to apply a plastic bag around the foot and tape it at the top. There are excellent cast protector products available for purchase in our offices. However, it is hard to keep the dressing absolutely dry and some leakage may occur. If the dressing gets a little wet allow it to dry.

Physical Therapy:

Normally we will not have any physical therapy until 6-8 weeks after surgery. At that time we can do home exercises or physical therapy based on your individual needs and desires. We will discuss your exercises and activity limitations when you are seen in the office.



Office Follow-Up:

Please make sure you have a follow-up visit scheduled 10-14 days after surgery.

Medications:

You will be provided with a prescription for a pain medication when you are ready to leave the hospital. You may have the prescription prior to surgery to avoid filling it the day of surgery. Normally we will avoid using anti-inflammatory medication (i.e. ibuprofen, Advil, Aleve, etc.) as this may interfere with bone or tendon healing. If you are intolerant to most pain medications the short-term use of anti-inflammatory medication is OK. If you have a history of nausea with surgery we can prescribe an anti-nausea medication (Phenergan or Zofran). Try to take this medication regularly at first and prior to taking the narcotic pain pills to allow it to be most effective.