

## Bunionectomy with 1st Metatarsal Osteotomy and distal realignment: Postoperative Protocols

### Week 0 - 2:

- NON-WEIGHT BEARING
- You will be in either a removable boot or plaster splint which should stay on FULL TIME
- Keep your leg elevated
- Keep your leg dry

### Week 2-6

- First post-operative visit to have stitches out
- Keep boot on at all times except for when taken off to work on range of motion of ankle and bathing. I will let you know if it is okay for you to weight bear on your heel
- Scar massage
- Swelling control - compression stocking
- Can use a stationary bike with no resistance in boot at week 4 with NO pressure on forefoot

### Week 6-10

- Second post-operative visit - if x-rays are okay can weight bear on the whole foot
- Weight bear 50% body weight x 1 week, 100% body weight x 1 week in boot
- Discontinue boot when comfortable full weight bearing without crutches use a wide sandal or oversized running shoe
- Can discontinue boot at night starting week 6
- Continue with scar massage and compression stocking

### Week 10-16

- Strengthening of lower extremity
- Return to cycling, walking
- Balance exercises

### Week 16+

- Return to normal activities and sports

### PAIN AND SWELLING:

This procedure can cause a lot of swelling. It is normal for the foot and ankle to be swollen for up to 6-12 months after surgery. A compression stocking worn during the day can be quite helpful.

### DRIVING:

You may drive if surgery is on the LEFT when you are off narcotics and if your car is an automatic. If surgery is on the RIGHT you can drive when you are full weight bearing without aids. YOU CANNOT DRIVE WHILE YOUR FOOT IS IN A WALKING BOOT.

### RETURN TO WORK:

Usually 3 weeks for a desk job, 3-4 months for a job that requires significant standing

\*\*\* NOTE IF YOU HAVE HAD AN ADDITIONAL PROCEDURE IN ADDITION TO YOUR BUNION CORRECTION THIS PROTOCOL MAY CHANGE SLIGHTLY