

Lapidus Bunionectomy: Postoperative Protocols

Week 0 - 2:

- NON WEIGHT BEARING
- 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
- Continue non weight bearing
- Scar massage
- Swelling control - compression stocking

Week 6-10

- Second post-operative visit - if x-rays are okay start weight bearing protocol
- Weight bear 25% body weight x 1 week, 50% body weight x 1 week, 75% body weight x 1 week then full x 1 week in boot
- Discontinue boot when comfortable full weight bearing without crutches
- Can discontinue boot at night starting week 6

Week 10-16

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

Week 16+

- Return to normal activities and sports

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 ANOTHER PROCEDURE WITH YOUR BUNION CORRECTION THIS PROTOCOL MAY CHANGE SLIGHTLY**