

OrthoNeuro

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Standard Post-Operative Recovery

Forefoot surgery:

- This includes *hammertoe surgery, bunionette correction, hallux cheilectomy, great toe fusions, bone spur surgery etc.*
- These are outpatient procedures when performed alone
- You will be placed in either a splint, boot or post op shoe after surgery. Please follow the discharge instructions given to you at the time of surgery.
- You will follow up at 2 weeks after surgery to have xrays taken and to have sutures/staples removed.
- Assuming your wounds are healed you will be allowed to put weight on your operative foot. if you had a great toe fusion, you will only be allowed to put weight on your heel.
- You will return in 4 weeks (6 weeks after surgery) to have xrays taken. If you had a great toe fusion you will be allowed to walk more normal in a post op shoe. If you have k-wires in your toes, they will be removed. All other procedures can begin activities as tolerated.
- We will recommend working on toe range of motion unless you had a fusion.
- Fusion patients will follow up at 12 weeks after surgery for final xrays and recheck. If all is well, patients can resume activities as tolerated and follow up as needed.

** Please note that any foot and ankle surgery causes significant swelling/pain. The foot/ankle are the most dependant parts of the body and this leaves no place for the swelling to go unless you elevate the foot/ankle. The majority of your pain after surgery will be due to swelling. The more you elevate your foot, the less pain you should have. The analogy I like to use is that swelling is water and if you pour water on the top of a hill it runs down the hill. Your body is basically pouring water into your foot/ankle and you need to elevate your foot so it runs down hill. The only way to do this is to elevate your foot/ankle so the water goes back to your knee, hip etc.

** In addition, minor swelling and pain can be expected for up to one year after surgery. Most people note major improvements at the 3 and 6 month marks but do not be surprised if you still have minor swelling and pain from 6-12 months. Healing is a long process and is usually complete by 1 year.