

OrthoNeuro

Nicholas A. Cheney, DO
Standard Post-Operative Recovery

Midfoot or Hindfoot fusion or Calcaneal osteotomy:

- These surgeries include *ankle fusions, subtalar fusions, calcaneal osteotomy* and other various *midfoot fusions*
- Surgery is usually outpatient but may be inpatient depending on the health of the patient.
- You will go home in a well-padded splint.
- You will not be allowed to put weight on the operative extremity
- Follow the discharge instructions for the first 2 weeks until you see Dr. Cheney in the office
- At the 2-week post-operative visit, your splint will be removed along with sutures/staples and xrays will be obtained.
- As long as your wounds are healed at your 2-week visit, you will go into a short leg cast or boot and remain **non weightbearing** until your next visit. We can get you a knee scooter if needed to help you get around. If your wound is not healed, we will likely put you into a splint and have you follow up in 1 more week. You will also be given antibiotics if it is felt to be necessary.
- You will follow up 6 weeks later (8 weeks after surgery) for cast/boot removal and repeat xrays. If xrays show sufficient healing, you will be placed into a walker boot and will progress the amount of weight on your operative leg following a protocol you will be given.
- You will follow up 4 weeks later (12 weeks after surgery) for repeat Xrays and assuming everything looks good will be allowed to discontinue the boot, begin wearing a regular shoe and begin formal physical therapy.
- You will then return in 2 months (4 months after surgery) to recheck your strength and range of motion. Xrays will be repeated at this time. Assuming everything looks good, you will be allowed to return to activities as tolerated at that time.
- We may ask that you return in 3 months for a final check if it is felt that it is 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.

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