

OrthoNeuro

Nicholas A. Cheney, DO
Standard Post-Operative Recovery

Bunion surgery:

- This is routinely an outpatient surgery, meaning, you will go home the same day
- You will be placed in a well padded splint following surgery
- You will follow discharge instructions given to you at the time of surgery and are **not to walk on the operative foot for any reason**
- You will follow up in the office 2 weeks post operatively for splint, suture/staple removal and to obtain Xrays.
- Assuming Xrays look good, you will be placed into a boot or short leg cast
 - If you only had the bunion fixed, you will be allowed to put weight on your heel in the boot/cast
 - If you had metatarsals shortened, you will remain non weightbearing until the next follow up appointment
- You will follow up then 6 weeks later (8 weeks after surgery) for cast/boot removal, repeat Xrays and then initiation of weightbearing in a boot
- You will then follow up 4 weeks later (12 weeks after surgery) for repeat Xrays and assuming all looks good, discontinue the boot, go into a shoe and begin aggressive physical therapy.

** 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.