

## Post Surgery Instructions *Cheilectomy*

### General Treatment Facts

- The goal of this surgery is to improve pain, swelling, and walking ability due to hallux rigidus.
- This surgery involves cleaning out the big toe joint in order to reduce pain with joint motion.
- You are allowed to walk on the operative foot in a protective shoe the day of surgery. You may require crutches for balance support.
- The protective shoe must be worn for the first 2 weeks after surgery. If the surgery is on the right foot, you will not be allowed to drive for those 2 weeks.

### Post Surgery Course

#### Day 1

- A sterile dressing will be applied to the foot.
- If for any reason the dressing is too tight, loosen the wrap and then secure it to your comfort level.
- It is important to ice and elevate the foot, take pain medication and rest as needed.
- Do not get the foot or dressing wet.

#### Day 4

- Pain should be better after the 3<sup>rd</sup> day. If your pain worsens since day 3 or you have a fever and/or chills, please call the office.

#### 2 Weeks (approximately)

- First post-operative visit.
- Your dressing will be taken off and your sutures will be removed.
- Wean out of the protective shoe and into a supportive tennis shoe.
- If the incision is healing well, you may get the foot wet in the shower 5-7 days after your post-operative visit.
- Begin daily passive and active motion exercises of the big toe joint.

#### 2 Months

- Aggressive range of motion exercises as tolerated.

#### 3 Months

- Gradually increase activity as tolerated.
- Jogging is permitted at this time.