



## Post Surgery Instructions *Cheilectomy*

### General Treatment Facts

- The goal of this surgery is to improve pain, swelling, and walking difficulty due to hallux rigidus.
- This operation is designed to clean out the big toe joint in order to reduce pain with joint motion.
- You may walk on the heel and outside of the foot the day of surgery while wearing a post-operative shoe. You may require crutches for balance support.
- The post-operative shoe must be worn for 2 weeks. If the surgery is on the right foot, you will not be allowed to drive for those 2 weeks.

### Post Surgery Course

#### Day 1

- The foot will be wrapped with lots of padding and placed in a postop shoe.
- If for any reason the padding 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.
- Move the ankle, knee, hip, and upper extremities.

#### Day 4

- Pain should be better after the 3<sup>rd</sup> day. If your pain worsens after 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 postop shoe and into a supportive tennis shoe.
- If the incision is healing well, you may get the foot wet in the shower 2-3 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.