



Post Surgery Instructions *Cheilectomy*

General Treatment Facts

- The goal of this surgery is to improve pain, swelling, and walking difficulty due to arthritis in the big toe.
- This operation is designed to clean out the big toe joint in order to reduce pain with movement of the joint.
- You will be able to walk on the outside and heel of the foot the day of surgery while wearing a postoperative shoe and using crutches.
- The postoperative shoe must be worn for about 2 weeks. If the surgery is on the right foot you will be unable to drive for about 2 weeks.

Post Surgery Course

Day 1

- The foot will be wrapped with lots of padding and placed in a surgical 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.
- Expect numbness in the foot for 4-12 hours and then anticipate the onset of pain.
- Only walk on the outside and heel of your foot.
- Do not get the foot or dressing wet.
- Move the ankle, knee, hip, and upper extremities.

Day 4

- Pain should be better after the 3rd day. If your pain worsens after day 3 or you have a fever and/or chills, please call the office.
- Wiggle toes and move foot around in shoe as tolerated.

Day 14 (approximately)

- First post-operative visit in the office.
- Your dressing will be taken off and your sutures will be removed.
- You will continue to walk in the surgical shoe on the heel and outside of the foot.
- Wean off crutches as necessary.
- If the incision is healing well, you may begin to get the foot wet in the shower 2-3 days after your postoperative visit.
- You will be shown how to work on passive and gentle active range of motion of the big toe at your first postoperative visit.

2 weeks

- You can begin wearing a stiff-soled shoe.
- If the incision is healed, you may submerge the toe under water
- Gentle exercise on a stationary bike or swimming (NO push off) is permitted.

8 weeks

- You may begin aggressive range of motion exercises as tolerated.

12 weeks

- You may begin to gradually increase activity as tolerated.
- Jogging is permitted at this time.