

Post Surgery Instructions *Forefoot Surgery*

General Treatment Facts

- The goal of this surgery is to improve your pain and function.
- This surgery involves the treatment of hammer toes, deviations or other toe deformities.
- You will be allowed to bear weight on the foot in a protective shoe on the day of surgery.
- If you have a severe toe deformity one or more pins may be sticking out of the end of your toe after surgery. Each pin will be removed by Dr. Dekker 6 weeks after surgery. If a pin begins to come out **do not push it back in**; please call the office immediately so that it can be removed to avoid infection. Do not get the pins wet. If they do get wet wipe it down with alcohol.
- As long as the pins are in place, please wear the protective shoe.
- Toe swelling is normal for 4-6 months after this surgery.

Post Surgery Course

Day 1

- The foot will be wrapped with lots of padding and placed in a protective shoe.
- It is important to ice and elevate the foot, take pain medication and rest as needed.
- Do not get the foot wet after surgery.

Day 4

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

2 Weeks (approximately)

- First post-operative visit in the office.
- Your sutures will be removed and the dressing will be changed.
- Continue to walk in the protective shoe.
- If the incision is healing well and you have NO pins in your toe, you may get the foot wet in the shower 5-7 days after your post-operative visit. Otherwise, the foot must remain dry to reduce the risk of infection.

6 Weeks

- Pins will be removed at this visit.
- You can get the foot wet 5-7 days after your pins are pulled.
- You may wean from the protective surgical shoe. A supportive tennis shoe with a rigid sole is encouraged.
- You may begin to roll through the foot over the next 6 weeks if the pin is removed.
- Avoid walking on uneven or rocky terrain.

3 Months

- Resume wearing regular shoes.
- Increase activity as tolerated.