



Post Surgery Instructions *Forefoot Surgery*

General Treatment Facts

- The goal of this surgery is to improve your pain and function.
- This surgery may involve the treatment of hammer toes, deviations, or other toe deformities.
- You will be allowed to bear weight in a post-operative shoe on the day of surgery.
- One or more pins may be sticking out of the end of your toe after surgery. Each pin will be removed 6 weeks after surgery. If a pin becomes loose you may pull it out once you have notified the office. 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 post-operative shoe.
- The toes will be swollen for about 4 to 6 months after surgery.

Post Surgery Course

Day 1

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

Day 4

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

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 surgical shoe on the heel and outside of the foot.
- If you have one or more pins in your toe it will remain until your next post-op visit in 4 weeks.
- If the incision is healing well and you have no pins in your toe, you may begin to get the foot wet in the shower 2-3 days after your post-operative visit.

3 weeks

- If the incision is healed and you do not have any pins in your toe(s), you may submerge the foot under water.
- Gentle exercise on a stationary bike is permitted.

- You may begin to bear weight through the front of the foot, but do not roll through the front of the foot, and you should continue to wear the surgical shoe.

6 weeks

- Any pins will be removed in Dr. Dekker's office at this visit.
- You can get the foot wet 2-3 days after your pins are pulled.
- Walking without the surgical shoe is permitted if you have no pins remaining in your toes. 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. Shoes should be wider with a supportive and rigid sole.
- Increase activity as tolerated.