

Post Surgery Instructions *Lapidus (Bunion) Correction*

General Treatment Facts

- The goal of this surgery is to reduce pain and improve the alignment and function of the great toe joint.
- During this procedure, the metatarsal bone is straightened by fusing a small knuckle (joint) in the midfoot. The big toe ligaments are loosened on one side and tightened on the other to straighten the toe. You may also have tight tissue in your calf surgically lengthened.
- You will not be allowed to walk on the ankle for 6 weeks.
- You will experience significant swelling in the foot after surgery. This can last up to 4 to 6 months. The more that you elevate the foot in the first 2 weeks, the better your pain and swelling will be.
- You will not be able to drive until you are weight bearing on the ankle.

Post Surgery Course

Day 1

- A soft cast will be applied and the foot on the day of surgery.
- Please do not remove the soft cast. If for any reason the soft cast is too tight, you may loosen the Ace wrap and re-apply 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 soft cast wet.
- Move the ankle, knee, hip, and upper extremities as tolerated.

Day 4

- Pain should be better after the 3rd 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.
- The soft cast will be taken off and your sutures will be removed. You will be placed into a boot, but will remain no weight bearing on the foot.
- Your activity level will be about 30% of your normal activity level.

6 Weeks

- You may progress weight bearing as tolerated in the boot. You may be asked to remain in the boot for an additional 4-6 weeks.

- It is normal to experience foot swelling at and beyond this point. You may require a shoe that is one to two sizes larger than your normal shoe size. Otherwise, you may need to loosen your shoelaces to accommodate the swelling.
- If you have pins in your toes, they are usually pulled at this visit. You can get the foot wet 5-7 days after your pins are pulled.
- Avoid walking on uneven or rocky terrain.
- You can exercise on a bike as long as it's on the arch of the foot.

12 Weeks

- Ambulate as tolerated in a comfortable, supportive tennis shoe.
- Increase activity as tolerated.