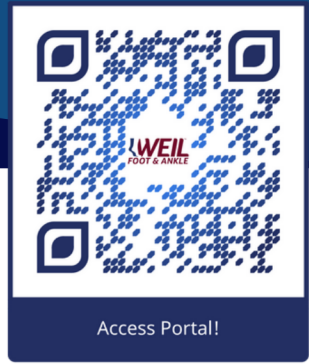


Bunion & Hammertoe Surgery



General Information:

- This protocol provides you with general guidelines after surgery.
- Specific changes in the program will be made by your physician as appropriate for each individual patient.
- Everyone heals at a different rate. It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches, pains, and swelling throughout the course of your rehabilitation process.

Instructions For Patients:

- **0-2 weeks Postoperatively**
 - Weightbearing as tolerated in surgical shoe or CAM boot.
- **2-4 weeks Postoperatively**
 - Weightbearing as tolerated in surgical shoe or CAM boot.
 - You may begin driving.
 - If you are in a CAM boot, you will need to remove it to drive and re-apply after you're done driving.
 - In a seated, protected, position, begin to move your great toe joint up and down immediately after stitches are removed.
 - Begin physical therapy.
- **4-8 weeks Postoperatively**
 - Transition to supportive athletic shoes and custom orthotics.
 - Sometimes swelling will not allow you to return to regular shoe gear until 12 weeks post-op.
- **K-Wires:**
 - If K-wires are implanted, they are typically removed 4 weeks post-op.
 - K-wires must be protected with dressing throughout the postoperative course.
- **Exercise:**
 - Non weightbearing exercising at 2 weeks post-op.
 - Gentle transition into weightbearing exercising at 6 weeks post-op.
 - Gentle running and higher impact activities at 16 weeks post-op.

Please note: If forefoot surgery is accompanied by additional corrective procedures, recovery may be quite prolonged with extended swelling. In the revision situation, this may be even further magnified. Please discuss individual recovery with your surgeon for realistic expectations.



Dr. Jonathan Hook