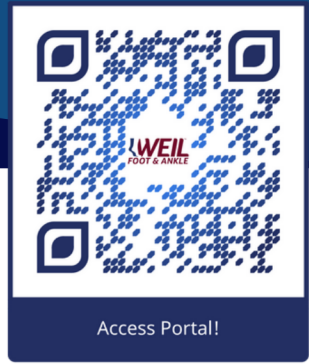


Lapidus Bunionectomy



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 CAM boot.
- **2-4 weeks Postoperatively**
 - Weightbearing as tolerated in CAM boot.
 - You may begin driving.
 - You will need to remove it to drive and re-apply after driving.
- **4-6 weeks Postoperatively**
 - Weightbearing as tolerated in surgical shoe.
 - Begin physical therapy.
- **6-8 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.
- **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: *The complexity of Lapidus bunionectomy is variable from patient to patient. When Lapidus bunionectomy is accompanied by additional surgery, 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