



ALLIED PODIATRY

Dr. James Hilaire

FOOT OWNER'S MANUAL

Care after Bunion Surgery

Your bunion procedure requires special and careful post operative care:

- Original bandage must stay clean and dry.
- Surgical shoe is absolutely required for ambulation, even if taking a few steps to the bathroom. I recommend sleeping the with surgery shoe on the first night, in case you need to get up in the middle of the night.
- The bandage is worn for two important reasons: to protect your bunion and help reduce swelling. It is important to ice and elevate foot to reduce swelling. Ice should be applied to foot in 20 minute intervals with a 10 minute break; it may also be beneficial to elevate foot on a pillow while sleeping or on a foot stool while sitting. Ambulate the first day in a not standing for more than two or three hours at a time, or walking exclusively in short ranges 3-10 are okay, followed by a period of rest with foot elevated.
- Take Motrin 2-3 times a day with food, and Vicodin or Tylenol only if experiencing pain that is not relieved with Motrin, or if you have trouble sleeping through the night.
- There are markings on your dressings where I recommend cutting just the coban, if you experience throbbing sensations due to the bandage being too tight. Do not cut the underlying white gauze dressing. If you accidentally get your outer dressing wet, simply blot it dry with a towel, or use a hair dryer on cool setting.

Your First Postoperative Visit:

- I will change your dressing and apply a less bulky dressing with splints to maintain good alignment of your bunion. I will evaluate for swelling and check for any signs of infection, and make sure the sutures are intact.

Your Second Postoperative Visit:

- At this visit some or all of your sutures will be removed. Another dressing will be applied, but it will be a lighter than wrap than what you originally had. Possibly a Bunion shield and coban splint will be used. You will be able to get your feet wet 3-4 days after your sutures are removed. You will be instructed on how to reapply your splint, coban, or paper tape. At this time, I will incorporate an over the counter orthotic to use in your surgical shoe, and open toe sandals that I recommend. Care at home will involve icing and elevation, especially on days you have been walking too much. Motrin is recommended on an as needed basis. At this visit, I will go into more detail about the recovery shoe style I recommend for you to bring to your next visit.

Your Third Postoperative Visit:

- At this visit, I you will need to bring a recovery sandal or athletic shoe style that I recommend. I will often modify your recovery shoe gear so that it is more comfortable for you to ambulate. I

