

## **Post-Op Bunion Correction**

### **Phase 1 (0-2 weeks)**

- Splint/No weight on the operative side with crutches/walker
- Keep bandages clean, dry (DO NOT GET WET), and on (do not remove)
- Elevate the operative side at or above heart level at all times
- You are allowed to let the operative side lower for no longer than 10 minutes in a dependent position (this is to prevent swelling and wound complications)
- Do not touch pin site or dressings

### **Phase 2 (2-6 weeks)**

- May begin heel weight-bearing only if instructed (no weight on the rest of the foot or toes) in the post-op hard-sole shoe
- May shower/bathe and allow the water to run over the wounds as long as there have been no wound complications
- May start to move the toes up/down at week 4
- Keep the pin-site covered, dry, and clean
- Continue to elevate to improve swelling
- May perform ankle pumps (up/down/in/out) and leg lifts
- Wrap the toe with either dressings pulling it out or the bunion splint and check daily for the alignment

### **Phase 3 (6-12 weeks)**

- May begin to bear weight flat-foot progressing to normal heel to toe gait when pin is removed and return to a normal shoe with a stiffer sole (wide-forefoot)
- May discontinue bunion splinting/wraps at the 8 week mark unless instructed otherwise
- Perform range of motion to big toe
- Perform intrinsic exercises by scrunching a towel under the toes in attempt to pick up the towel with your toes

- Avoid pointed shoes or narrow forefoot shoes in order to prevent recurrence
- Do not wear high heels or pumps with greater than 1" lift from rear to front (ever)