

One Week Post Operative Bunionectomy Instructions

Dressing Instructions:

You will have on a toe separator, band-aid and coflex dressing. You may change this dressing yourself as needed. You may get the foot wet once there is no more drainage noted on the bandages.

You will need to wear this dressing for three to four weeks or until advised otherwise. You will wear it 24 hours per day except to bathe.

Footwear:

You may get in to a “regular” shoe at this point if your swelling allows. The footwear must be supportive (only has forefoot flex and no arch flex). DO NOT wear any shoes that you wore preoperatively that have been stretched and molded to the bunion bump deformity. You will need to dispose of those shoes because wearing such shoes will cause your toe to deviate back to the pre-op position.

Many people prefer to wear a sandal similar to a “Birkenstock” sandal with a cork sole and buckle straps. These sandals are supportive, and allow the patient to loosen the buckles on the postoperative foot to accommodate swelling. Other patients prefer a tie shoe for support and often purchase a larger size or wider inexpensive athletic or oxford shoe for their postoperative recovery period.

Frequently Asked Questions

Q. *Is it normal to still have drainage on the bandages?*

A. Yes, continued drainage is normal from some of the incisions. The majority of the drainage occurs within the first week post operatively, but small amounts of drainage may be noted on the bandages for two or three weeks

Q. *How soon after surgery can I go barefoot?*

A. No barefoot walking for one month post operatively.

Q. *Is it normal to still have swelling?*

A. After 2-3 months 80% of the swelling is normally gone. The remaining 20% can last up to 6 months or even a year. How much you are on your foot can be a factor as well. Other factors are diet, weight, circulation, genetics, age, and if you smoke.

Q. *Can I soak my foot and what do I use?*

A. You should wait to soak foot or use hot tub until Doctor gives permission because incisions may still be draining and heat may promote swelling.

Q. *How long until I can exercise?*

A. You may start swimming & using a stationary bike at 4 weeks. Running usually at 6-8 weeks, but you need to ok this with Doctor.

Q. *Is skin peeling normal?*

A. You will notice both skin and callous peeling during your postoperative healing. Pressure points have been reduced, and therefore the calluses will slough.

Recommended Post Operative Footwear Brands:

Birkenstocks
Chacos
Danskos

Blundstones
Oofos
On Cloud

Hoka
Brooks
Teva

Examples:

