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## **One Week Post Operative Osteotomy Instructions**

### **Dressing Instructions:**

You will have on a splint band-aid 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 the band-aids until the incisions are closed and there is no drainage. The coflex dressing needs to be worn both day and night for 3 weeks except to bathe. The coflex acts as an external splint and helps support the foot. Those who wear it report less discomfort and swelling.

### **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). 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 the Doctor first.
- 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 off.

### **Recommended Post Operative Footwear Brands:**

Birkenstocks  
Chacos  
Danskos

Blundstones  
Oofos  
On Cloud

Hoka  
Brooks  
Teva