

Bunion Surgery

Bunion surgery consists of making an osteotomy (break) in your 1st metatarsal bone in order to correct your bunion. Tissues are released and tightened in order to correct the deformity.

Following 1st metatarsal osteotomy for bunion procedure:

Doctor's Orders:

- *Strict **HEEL** weight bearing (meaning do NOT place any part of the foot except your heel down on the ground) for 6 weeks in a non removable fiberglass cast.
- *Then weight bearing as tolerated for additional 4 weeks in a cam walker boot.
- *Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.
- ***Minimal activity.**
- *You will need the assistance of crutches, a walker, a roll-a-bout device, and/or wheelchair during the **HEEL** weight bearing weeks.
- *Do not immerse operated foot/ ankle in water.
- *Do not place any items down into the cast for any reason; please call the nurse for advice.
- *Keep cast/ cam walker boot clean and dry.
- *If you get your cast wet, call the clinic immediately
- *You will need to plan for clothing to fit over the cast or cam walker boot.
- *You need to practice heel weight bearing activity prior to surgery, to verify you are able.
- *You **may not drive** for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.

Usual post-op procedure:

- *You will be placed in splint at the surgery center or hospital.
- *You will leave the surgery center or hospital with a prescription for pain medicine and anti-nausea medicine.
- *There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint and dressing, please contact the office for advice and an appointment.
- *First post-op visit is 2-3 weeks from surgery date, for a wound check, possible suture removal, and placement into your fiberglass cast.
- *Typically, the first set of post-op x-rays are taken at your 6 week post-op visit.
- *You will have residual swelling; this should resolve over a 4-6 **month** period from your surgery date.

Some Potential Complications:

- *Infection of incision site.
- *Excessive activity may cause increased pain and swelling, which can lead to other complications.
- *Non-union of osteotomy site.
- *Repeat surgical procedure
- *Tobacco use increases the risk of complications and inhibits healing.
- *Certain medical conditions increase the risk of complications and inhibit healing.
- *Numbness or nerve pain around your incision site.

If you have any questions please do not hesitate to call our office.

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient

Date

If you have any concerns or questions, please call 635-3052 to speak to my office for directions on how to proceed.