

BUNION POST-OPERATIVE COURSE SUMMARY
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WEEK ONE POST OP

- Dressing change. Continue keeping bandage dry.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot and heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK TWO POST OP

- Sutures out.
- If dressing is discontinued then:
 - Begin gentle ROM (range of motion) to great toe and lesser toes
 - Begin wearing toe spacers during the day and the bunion night splint at night.
 - You may shower and get the foot wet. Do not soak or submerge foot for another 2 weeks.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK FOUR POST OP

- 1ST x-ray to evaluate correction
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed.
- Continue wearing toe spacers during the day and the bunion night splint at night.
- Continue (WBAT) weight bearing as tolerated on the outer border of your foot to heel in post op shoe.
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK SIX POST OP

- 2nd x-ray to evaluate correction
- Begin (WBAT) weight bearing as tolerated flat footed in regular/flat shoes.
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed.
- Continue wearing toe spacers during the day and the bunion night splint at night
- Continue to elevate for pain and swelling control.
- Continue taking your aspirin unless allergic or on blood thinners.
- Continue doing your ankle pumping exercises to reduce the risk of blood clots.

WEEK TWELVE POST OP

- 3rd x-ray to evaluate correction
- Gradually increase activity level. No impact/high impact activity (running/jumping)
- Continue stretching, ROM (range of motion), and massage therapy to incision site as instructed. Use sunscreen on incision site during summer months.
- Discontinue wearing toe spacers during the day and the bunion night splint at night.
- Continue to elevate periodically for swelling control. Swelling in the foot may be present in the foot for a year to 16 months after surgery.

SIX MONTHS AFTER SURGERY

- No restrictions on activity.