

# Post-Operative Instructions: Bunion Correction With Proximal Osteotomy

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1. Before you leave the hospital, you will be given a prescription for an anti-inflammatory pain medication, Toradol (Ketorolac) 10 mg. You should take one tablet every six hours around the clock for five days, regardless of whether or not you have pain. Check with the recovery room nurse as to what time to take your first dose. You should not take any aspirin or other anti-inflammatory medications (*e.g.*, Advil, Ibuprofen, Aleve, Orudis) while you are taking the Toradol.

2. You will also be given a prescription for another pain reliever. This medication contains a narcotic with acetaminophen (Tylenol). Use the medication as directed and only as needed for pain. The medication is better tolerated when taken with some food. As the pain starts to dissipate you should wean off this medication; you may take Tylenol instead.

3. Beginning on the sixth day after surgery (after you have finished the Toradol), and only if you have no history of stomach ulcers, frequent stomach upset, or intolerance to aspirin, you should take 1 aspirin tablet (regular strength) once a day for 3 weeks. This will aid in the prevention of blood clots. You may substitute Ecotrin (coated aspirin), Bufferin, or Ascriptin.

4. Use the Darco (post-operative) shoe at all times when walking or standing. You do not need to wear the shoe while sleeping, although some patients note that it makes them feel more comfortable.

5. You should use your crutches and put weight only on the heel of your operated foot. You

should continue to use the crutches for 1 to 2 weeks, especially when outdoors. You may gradually increase the weight on the heel and begin to put weight on the middle of the foot after 2 weeks. Excessive standing and walking are not good for your foot for the first 4 weeks after surgery.

6. When you return home, elevate the leg on some pillows. For the first 4 weeks be sure to elevate the leg whenever possible. Continue to elevate the leg on pillows when you go to sleep until there is no swelling in the ankle, foot or toes.

7. The dressing applied in the operating room must remain in place. It will be changed at your office visits at 1, 2 and 4 weeks after surgery and it will be removed completely at 6 weeks. The dressing must be kept absolutely dry when bathing. If your surgery included correction of a hammer toe, then a pin may be present at the tip of the toe under the dressing. Be careful not to disturb this.

8. When you schedule your surgery also schedule a follow-up appointment for 1 week after surgery. X-rays will be obtained at this visit, as well as at the 6 week visit.

9. If you have any of the following call me immediately at the office or via my answering service: calf or lower leg pains that make it difficult to walk; inordinate pain or undue swelling in the foot; bleeding through the dressing; numbness; coldness or tingling in the foot. If you cannot reach me go to the hospital's emergency room (or another hospital emergency room if you prefer) to have the problem checked.

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