



## **BUNION SURGERY POST-OP INSTRUCTIONS**

### **DAY 1**

- Elevate foot on 2-3 pillows for 23 hours
- Use crutches when walking to the bathroom. **DO NOT** put foot on the floor
- Use ice machine 3 times a day
- Take two tablets of Percocet (Oxycodone) every 4 hours
- Take 1 tablet of Vistaril (Hydroxyzine) three times a day, the third one just before going to sleep at night
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated limb for up to 24-36 hours. If this persists then contact the office at 646.797.8880
- Headaches following epidural analgesia can occur. Lie down with your head flat and you may take aspirin. A single cup of coffee can also alleviate this spinal headache. If this persists over 12 hours you should contact the anesthesia office at 212.606.1206 and speak to the doctor on call
- Post-operative pyrexia or elevation in body temperature is normal for the first 48 hours. You may take aspirin for this

### **DAYS 2-10/14**

- Continue non-weight-bearing on foot using crutches but try and keep the foot elevated at most times
  - You may use heel or outside of foot walking around the house
- You may return to work during this period if your work is not standing and permits you to have your foot elevated for long periods
- Continue with percocet (oxycodone) one tab every 4-6 hours for four or five days. You may then switch to vicodin (hydroxycodone) as it is less strong as an analgesic. You may discontinue vistaryl after 4-5 days
- You may take Advil or similar NSAID from day 2 -14
- You should use ice over the bandage for twenty minutes three times a day for 10 days
- Do not get wound wet

### **DAYS 10-14**

- Return to Dr. Kennedy's office
- Removal of sutures + wound check
- X-rays of foot
- You will have a small spacer between the 1<sup>st</sup> and second toe and this should remain for at least four weeks post surgery
- You may begin to put some weight on your foot as dictated on a case-by-case basis
- Expect the wound to look red and bloody! This is normal

**WEEKS 2-4**

- Increase the amount of weight through the foot by 10% of your body weight per day
- You may still have to use the post-op shoe to manage swelling
- You may use a wide shoe (sneaker) as the swelling permits
- You must keep toe spacer in situ
- You may shower if wound is well healed

**WEEKS 4-6**

- Return to Dr. Kennedy's office
- Begin Physical Therapy(KIWI)
- You can now be 100% weight-bearing