

BUNION SURGERY REHABILITATION PROTOCOL

FOR PATIENTS

Recovery at a glance:

“Metatarsal Osteotomy”

- Immediate weight bearing on your heel in a post-op shoe or boot
- Follow-up every 2 weeks for 6 weeks for dressing change
- Begin range of motion of big toe at 2 weeks
- Transition into tennis shoes at 6 weeks. Typically swelling will not allow you to be in regular shoes until 12 weeks post-op.
- Physical therapy is typically not necessary; however, when needed we will initiate it at 6 weeks post-op for big toe motion and gait training
- Expect soreness and mild pain / discomfort with swelling for up to 6 months after surgery

“Lapidus Bunion Correction”

- Non-weight bearing for 4 weeks post op in a boot, followed by 4 weeks of protected weight bearing in a boot
- Transition into tennis shoes at 8 weeks as swelling and pain allow
- Physical therapy not always necessary; however, when needed we will initiate at 6 weeks post-op for big toe motion and gait training
- Expect soreness and mild pain / discomfort with swelling for up to 6 months after surgery

Please note:

If bunion surgery is accompanied by additional surgery such as correction of other toes (i.e. hammertoes) or other corrective procedures then recovery can be quite prolonged with extended swelling. In the revision situation this can be even further magnified. Please discuss individual recovery for forefoot surgery with Dr. Vora for individualized realistic expectations.