

Care after foot surgery

Dr. V. Avram – 905-527-4322, ext. 43997

You had this surgery today:

- | | |
|--|--|
| <input type="checkbox"/> bunion (hallux valgus) surgery | <input type="checkbox"/> amputation of the toe |
| <input type="checkbox"/> fusion of toe | <input type="checkbox"/> hardware removal |
| <input type="checkbox"/> debridement (cleaning) of joint | |
| <input type="checkbox"/> other: _____ | |

- Leave your dressing on. This is very important for bunion surgery. The dressing helps your toe heal in the proper position.
- Do not get the dressing wet. When you bathe or shower, cover it with plastic bags. If it is wet or raining outside, cover with plastic bags.
- Raise or elevate your foot as much as possible. This helps a lot with pain relief.
- Use your crutches for support.

If you have any of the following, please call my office:

- fever
- excessive pain
- excessive swelling

Go to the Emergency Department if you have:

- calf pain
- shortness of breath
- chest pain

These symptoms may represent a blood clot.

Your weight bearing status and/or use of crutches:



- Heel walking with crutches for support as needed. This means not putting the front of your foot on the ground.
- No weight bearing.
- Weight bearing as tolerated.

With bunion surgery is it very, very important that you do not put weight through the front of your foot.

Pain

In addition to taking your pain medication that has been prescribed, you may take an over-the-counter anti-inflammatory medication such as Aspirin or Advil; provided that you have no problems in using this medication.

Follow-up

You need to be seen for a follow-up appointment in about 15 days at the Juravinski Orthopedic Clinic, Section B, Level 1. To make an appointment call the central booking office at 905-527-4322 ext. 75665 with your surgeon's name.



Remember: Leave your dressing on.