

Post-Surgical Rehabilitation Protocol for Minimally Invasive Hallux Valgus (Bunion) Surgery



Scan to be directed to Dr. Yi's page with this rehabilitation protocol

Please use common sense and listen to your body. If something feels wrong or there is a significant increase in pain/discomfort at any point, contact Dr. Yi. The following is a general guideline. Dr. Yi may adjust the following based on your specific progress.

Time

Activity

For first 2 weeks after surgery

Weight bearing as tolerated in postoperative stiff-soled shoe (**PLEASE LIMIT TO ESSENTIALS OF DAY-TO-DAY LIFE**)

- Some patients will use crutches for a few days and in some cases even up to 1-2 weeks. **Please listen to your symptoms.**
- Remember to **elevate** your foot above the level of your heart to decrease swelling
- An **ice pack** over the dressing or even along the ankle can also help (do not fall asleep with the ice pack on your skin as this can cause damage)
- **Keep the dressing/bandage in place, clean, and dry.**

2 weeks after surgery

Weight bearing as tolerated in postoperative shoe

- You will meet with Dr. Yi to have the **dressing/bandage removed and to obtain x-ray's**
- You will **likely have your sutures removed** at this point
- Dr. Yi will place a **removable toe alignment splint** (this will remain in place at all times except for hygiene purposes for a **total of 3 months**). This

fits underneath socks and inside your postop shoe

- Continue weight bearing as tolerated in postoperative shoe (but **limit to the essentials of day-to-day life**)

4-6 weeks after surgery

Weight bearing as tolerated in postoperative shoe

- For most patients, swelling has decreased to the point of being able to fit into a **regular, supportive athletic shoe**
- Continue using the **toe alignment splint**
- If you transition into a regular shoe, you will need a **carbon fiber insert** (scan QR code below for a link to an example you can purchase). Remove the insert in your shoe, place the carbon fiber insert, and then place the insert on top of the carbon fiber insert.



6 weeks after surgery

- **You will meet with Dr. Yi to obtain new x-ray's**
- Ok to start **easing into low impact** activities (yoga, Pilates, stationary bicycle, elliptical, swimming, longer walks)
- Continue to use your **pain as your guide**
- Slow down if there is significant pain

12 weeks after surgery

- **You will meet with Dr. Yi to obtain new x-ray's**
- Ok to start **easing into high impact** activities (running, jumping)
- Continue to use your **pain as your guide**
- Slow down if there is significant pain

Preventing Blood Clots

- Blood clots (formally known as “deep venous thrombosis”) can occur after injury, immobilization, and surgery. These blood clots can be dangerous especially if they travel to your lungs. Go to the emergency room or call the emergency line immediately if you have any symptoms such as calf swelling, calf pain, chest pain, shortness of breath.
 - Fortunately, there are medications that effectively prevent blood clots
 - You will take:
-

Controlling Pain After Surgery

- Unfortunately, you will have pain after surgery and there is no safe method to completely eliminate pain safely
- However, there are many strategies that can effectively decrease your pain level to a reasonable level:
 - Icing
 - Elevation of the leg (above the level of your chest)
 - Acetaminophen (“Tylenol”)
 - Oral anti-inflammatory medications (such as ibuprofen)
 - Narcotic pain medications (such as “oxycodone”)
- We will review and formulate a pain management plan specific to your situation (especially if you have allergies or adverse reactions to particular medications)
- Go to the emergency or call the emergency line immediately if you have pain that is significant and/or worsening despite taking medications