

# Post-Operative Instruction Sheet

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## **BUNION SURGERY**

A surgical operation has just been performed on your foot, the amount of discomfort and swelling will vary patient to patient. **DO NOT REMOVE THE BANDAGE.** The surgical dressing that was placed on your foot is sterile and acting as a splint to hold the foot in proper alignment, it is a necessary part of the surgery and must not be removed. If the bandage feels too tight due to swelling you may cut small slits along the edge to give some relief; we recommend you cut over the 4<sup>th</sup> toe area, one layer at a time till there is some relief and the bandage does not feel as tight. The skin around the bandage, even in the heel area, may become discolored and swollen, this is normal.

**KEEP FOOT ELEVATED** during the first 24-48 hours; this will help reduce the edema and pain. Reduce amount of walking and standing to a minimum. **ICE** can be applied over the medial ankle area, this is the side where the big toe and surgery was performed, the ice will not penetrate the bandage but placing it over the ankle will help reduce the edema. Never use a heating pad on your foot, this will cause excessive swelling and increase pain.

Pain will most likely occur within hours of the procedure, therefore **DO NOT WAIT FOR PAIN,** eat something substantial and take the pain medication. Don't suffer, pain peaks during the first three days of any procedure, on the fourth day most people are completely off their pain medication, or have reduced it substantially.

**DO NOT WALK WITHOUT THE SURGICAL BOOT or SHOE** even a short walk to the kitchen or bathroom can allow the surgical site to shift, and may necessitate further surgery, the boot is part of the dressing and is needed for proper healing. Even though the surgical boot will stabilize the surgery, you may still feel a "click" at the surgical site, this is completely normal and there is no reason for alarm.

To shower or bathe place three plastic bags (kitchen tall bags) or use the rain gear you purchased at the office to go over the dressing and surgical shoe or boot. To secure the bags use tape or coban below the knee area. Be Careful, the bags will be slippery. If the bandage gets wet dry it as soon as possible and if necessary use a blow dryer, if the bandage is very wet call the office immediately. We often use a medicated bandage and this will be damp, you will notice the bottom of the bandage is wet in appearance, this is completely normal.

Seepage of blood is normal and should be ignored, however, if there is active and persistent bleeding such as blood running out of the bandages while the foot is at rest, call the office immediately.

Discuss all questions or any possible problems with your doctor not your relatives or friends. If pain is severe and elevation, ice and pain medications are not alleviating or reducing the discomfort, or if you note red streaks radiating from the surgical site CALL OFFICE IMMEDIATELY 251-626-5065. Emergency backup directly to answering service is 251-990-6825..