

## **PERIOPERATIVE SERVICES**

### **Post-Operative Instructions**

#### **Lapidus for Hallux Valgus (Bunion) Correction Surgery**

##### **PAIN:**

Your surgeon may have also given you a prescription for a stronger pain medication. Take medications as instructed by the nurse and or surgeon. You may also take medication for nausea such as Gravol™ if required.

##### **OPERATIVE SITE:**

Your surgeon will apply a bandage that acts as a splint after your surgery to splint the big toe in its correct position, either with a toe spacer between the first and second toe or a bunion splint. You will likely have a soft cast (Coban™ dressing) with a post operative sandal (fabric velcro boot) for the first 6 weeks. Do not get the splint/soft cast dressing wet and leave on until your follow up appointment. Your incision may ooze for up to 48 hours after your surgery. Do not change the dressing; reinforce the dressing as needed with gauze.

##### **ACTIVITY:**

This procedure requires 6 weeks of non weight-bearing. After 6 weeks your surgeon will likely allow you to begin partial weight bearing using a walking boot. Usually you are able to return to a regular shoe by 10-12 weeks after surgery. A full recovery may take up to a year. You may consider seeking a convalescence facility if you have concerns about coping at home in the early weeks of recovery. You may contact our Social Work department for a list of convalescence facilities.

Walking aids such as a walker, knee walker, crutches or cane can be obtained at a medical supply vendor for equipment. Contact our out-patient physiotherapy department if you wish to have a list of equipment vendors. Depending on your vehicle and which leg is being operated on, plan to not be able to drive for up to 10 to 12 weeks.

##### **DIET:**

Resume your regular diet the day following surgery. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain bread and cereals (All Bran™, Bran Flakes™, Shreddies™ and Shredded Wheat™). You can take an over the counter stool softener if needed ie: Colace™ or Senokot™.

##### **CONTINUED ON OTHER SIDE →**

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Queensway  
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**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointments on the day of your surgery.

**ADDITIONAL INFORMATION:**

- Elevate foot above level of heart 2-3 times a day to help with swelling
- Be careful not to bang or hit foot on an object
- No exercise or sports until directed by your surgeon
- Resume normal preoperative prescription medications as directed by your surgeon

**Go to the nearest Emergency Department if you have any of the following:**

- Blueness of toes
- Numbness of toes
- Excessive swelling or bleeding
- Severe pain not controlled by pain medication
- Foul smelling (yellow-green) discharge from operative site
- Significant swelling and or redness around the incision
- Sudden or severe shortness of breath
- Elevated temperature (above 38°C or 100.4°F) and or chills lasting more than 24 hours

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands saves lives.