


## HOME CARE PROTOCOL HALLUX VALGUS (BUNION) CORRECTION

INSTRUCTIONS FOR:  Name _____	WEEKS FROM SURGERY DATE _____							
	0	1	2	3	4	5	6	8
>> Write your dates here 								
1) Heel-weightbearing (walk on heel) in medical "post-op" shoe/sandal -- KEEP IT ON <b>at all times</b> (see sleep/drive schedule below)	✓	✓	✓	✓	✓	✓	✓	
2) Office visit: <ul style="list-style-type: none"> <li>• Appointment times may vary slightly</li> <li>• Sutures typically come out at 2 weeks (*or at 3 weeks if you have diabetes)</li> <li>• Foot strapping weeks 1 thru 5</li> <li>• X-rays on weeks 1,2,4,6</li> </ul>	✓	✓	✓	✓*	✓	✓	✓	✓
3) Sleep in medical shoe (cover with pillow case)	✓	✓	✓	✓	✓	✓		
4) Stand on heel while showering; cover foot w/ plastic bag to keep dressing/foot strapping dry	✓	✓	✓	✓	✓	✓		
5) No driving if right-sided repair	✓	✓	✓	✓	✓	✓		
6) Reduce pain medicine (strength, frequency) <b>- Note: Do not take anti-inflammatories at any time until 6 weeks after surgery; e.g.:</b> <ul style="list-style-type: none"> <li>• ibuprofen (Motrin, Advil)</li> <li>• naproxen (Aleve, Naprosyn)</li> <li>• others -- ask before you take</li> </ul>			✓	✓	✓	✓	✓	
7) Range-of-motion stretching of lesser toes			✓	✓	✓	✓	✓	✓
8) Daily scar massage (+continue scar massage until 12 weeks/3 months after surgery)							✓	✓+
9) Wear gel spacer between toes (+continue spacer until 16 weeks/4 months after surgery)							✓	✓+
10) Wean medical shoe into regular shoes as able							✓	✓
11) Advance activities as able; physical therapy as needed								✓