NIKHIL NANAVATI

Following your foot surgery for Hallux valgus (bunion) and Toe fusion

Week 1

Keep your foot and bandages dry following your surgery. Always wear your forefoot off-loading Darco shoe, even in bed. You can use a pillow case over your shoe to keep your bed linen clean.

Bruising and swelling are normal following surgery. Elevate your foot high for 12 weeks after surgery, for 30 min every 1 ½ to 2 hours. This will help reduce swelling. Keep your heel off any surfaces as this can cause pressure sores. Place pillows or cushions under your calf, and your heel hanging free over the end. Swelling can be present for 6 months to 1 year.

Week 3

At 3 weeks after your surgery, you will be sent an appointment to attend clinic for your sutures (stitches) to be removed/trimmed. A dry dressing will be applied which should be left in place for 1 week.

Do not be tempted to pick off any scabs, they will come away naturally when they are ready.

For Hallux valgus (bunion) surgery only - mobilise your big toe joint to prevent stiffness. Firmly holding across your foot with one hand, (supporting your surgical site), hold all of your big toe in the other hand (down to the big joint) and gently move it up and down several times to prevent stiffness occurring. (do not do circular movements- the toe is not designed to do that). This exercise can be done several times a day. A couple of minutes each time. **Do not perform this if you have had toe fusion surgery.**

Week 4

Remove dry dressing.

From week 4 after surgery and if your wound has healed, you will be allowed to use a **damp flannel to clean your scar only.**

Massaging your scar 2 to 3 times a day with a moisturiser will help to break down lumpy scar tissue, aid circulation to the site and desensitise the area ready for when you go back into normal foot wear. Start off gently to begin, a couple of minutes each time, move your thumbs in circular motions working towards your body. Build up the pressure you apply over the next 5 to 7 days. The time to stop using this massage technique is when it doesn't hurt any more to touch.

Do not have a bath or shower at this point. You may moisturise and massage your scar tissue. You will not require any further dressings.

Do not take off your shoe.

If you notice any redness/ heat/ or pus in or around your surgical scar, seek medical advice immediately.

Week 6

You will have a follow up appointment with check XRs and if satisfactory, you may remove the Darco shoe.