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Severe Bunion



Before

After

Postoperative Care

Following surgery to correct a mild or moderate bunion, the foot is bandaged and a postoperative shoe is usually worn for three to four weeks. The amount of activity allowed will vary, and the podiatric surgeon may suggest that flexible footwear be worn for several weeks either directly after surgery or after wearing a postoperative shoe.

If the bone was cut, as in surgery for a moderate to severe bunion, it may be held in place with an internal pin, screw or absorbable rod. In many cases, a slipper or short leg cast is worn for four to six weeks, and walking is assisted by crutches.

Movement of the toe joint is important after any type of bunion surgery. Specific instructions for exercising the joint will be provided by the podiatric surgeon.

After the foot has healed, and if the bunion was the result of improper foot function or foot type, the cause of the problem should be addressed. Orthoses may be prescribed to protect the foot and improve its function. Guidelines may also be provided by the podiatric surgeon on the types of shoes that should be worn. These instructions should be followed carefully to avoid recurrence of the bunion.

What Should I Expect After Surgery?

After surgery, the foot may become narrower. Also, for a period of time, the joint may remain slightly stiff and not be as flexible as before the surgery. Gradual return to normal activity will be recommended by the podiatric surgeon as healing progresses.

Risks

Some risks when considering bunion surgery include joint stiffness, malalignment, joint pain and recurrence. The ultimate goal is to relieve pain and prevent the bunion from recurring.