

1ST metatarsal head resurfacing with CARTIVA: 1ST POST-OP

- (1) You may shower tonight, letting soapy water run over your incision(s) and patting them dry with a towel. You should avoid submerging the leg (bath, pool, hot tub, etc.) for at least one week.
- (2) Continue to perform passive range of motion exercises of the great toe, at least twice per day.
 - Using your fingers, rapidly alternate between up and down for 2-3 minutes.
 - Slowly push to extremes of motion, holding for a 5-count. As your discomfort and sensitivity decrease, you may use the floor to push-off for greater range of motion.
- (3) You may wean out of the post-op shoe and back into regular supportive shoes as your swelling and scar sensitivity allows. Most patients are transitioning back into regular shoes at around 3-4 weeks post-op, but you may begin as tolerated.
- (4) Use a dressing or a thick sock to prevent the post-op shoe from rubbing on the incision.
- (5) Once you have returned to regular shoes, you may increase activities in a step-wise fashion.
 - I would like you to first become comfortable with activities of daily living before reintroducing straight-line, low-impact activities (walking, bicycling, or working out on the elliptical trainer).
 - Once you are comfortable at this level, you may then reintroduce higher-impact, straight-line activities (jogging and running).
 - The final step will be the addition of activities involving lateral movement and uneven ground.
- (6) Continue to ice and elevate as needed.
- (7) In 2 weeks, you may begin applying a scar cream (vitamin E based, such as Mederma) or silicone sheets.

(8) Physical therapy is not typically required, but can be initiated as soon as 2 weeks post-op if needed or desired.

(9) I would like to see you back in **4 weeks** for your next follow-up appointment.