

LUDLOFF BUNION CORRECTION: 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) You will be heel-weight bearing for the next 4 weeks.
- (3) I have showed you in clinic today how to perform a bunion wrap to fine-tune the position of the toe. You should continue to perform this wrap daily. If you notice any drifting of the great toe towards the second toe, you may use tape as added fine-tuning. The bunion wrap should ALWAYS be in place unless you are showering.
- (4) You will continue to ice and elevate the leg as much as possible. Elevating the leg above the level of the heart will reduce the amount of time required to bring down the swelling.
- (5) I would like to see you back in **4 weeks** for your next follow-up appointment. We will obtain new x-rays at that time. If there is appropriate evidence of healing, we will likely transition you to full-foot weightbearing in a flat post-op shoe.