

Postoperative instructions

Hallux Valgus or Bunionectomy



Dressings:

- Keep your dressing or cast dry.
- No bath or shower. The dressing or cast cannot get wet.

Physical activities:

- Wear the Darco™ shoe when you are walking.
- Heel walk only on the operated foot for the first 48 hours after surgery.
- No driving for 24 hours after surgery, or longer if you are taking pain medication.

If your surgery was on the right foot, no driving is permitted until the dressing or cast is removed by the surgeon.

- Do not put any weight or pressure on your toes.
- Keep your leg elevated as much as possible in the first few days following your surgery as this will help with the swelling.

Pain control and constipation prevention:

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- To prevent constipation, drink prune juice and/or take Metamucil™.

If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness or swelling;
- hardening of the incision;
- discharge (other than blood);
- fever and chills;
- increase in pain;
- pain and heat in your calf;
- numbness and tingling of the affected limb; and/or
- sudden shortness of breath.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

To reach the Orthopaedic Clinic:

1st level, C wing, room 175

Telephone: 613-746-4621 ext. 2747

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

713 Montréal Rd. Ottawa ON

T 613.746.4621

hospitalmontfort.com

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