

Postoperative instructions

Hallux Valgus or Bunionectomy

Please follow your surgeon's instructions if they differ from the following statements



Dressings:

- Keep your dressing or cast dry.
- No bath or shower. The dressing or cast cannot get wet. Do your personal hygiene at the sink.

Diet

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation

Physical activities:

- Wear the Darco™ shoe when you are walking.
- You can put ____% of your weight on your foot. That's ____ lbs, or ____ kg.
- No driving for seven days 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 or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax 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.

Questions after your surgery? Please contact the Orthopedic Clinic

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