HAMMERTOE SURGERY POST-OP INSTRUCTIONS

DAY 1
• Elevate foot on 2-3 pillows for 2 to 3 hours
• Use crutches for stability. You are allowed place foot weight on the foot with the surgical shoe
• Use ice 3 times a day
• Take two tablets of pain medication every 4-6 hours as needed
• Some bleeding through the dressing may occur. This is normal
• Numbness is normal in the toes for up to 24 hours.
• Post-operative elevation in body temperature is normal for the first 48 hours.
• Keep the dressing clean, dry, and intact.

DAYS 2-10
• Continue full weight-bearing in the surgical shoe on foot using crutches or a cane if needed but try and keep the foot elevated at most times. You may return to work during this period if your work is not standing
• and permits you to have your foot elevated for long periods
• Continue pain medication as needed one tab every 4-6 hours as needed
• You may take Aleve or similar NSAID (Advil, Ibuprofen, or Motrin) from day 2-14
• Keep the dressing clean, dry, and intact.
• First post-operative visit is Wednesday following surgery. Appointment should have already been scheduled. If not, call the office at 203-936-6677 to schedule a follow-up appointment for dressing change and radiographs.

DAYS 10-14
• Second post-operative visit for removal of sutures
• Steri-strips applied to the incision line are to remain in place for at least 3-4 days.
• Resume getting the foot wet in the bath or shower but do not soak the foot
• You will begin to put more weight on your foot as dictated on a case-by-case basis

WEEKS 2-4
• Increase the amount of activities as tolerated
• You may still have to use the post-op shoe to manage swelling
• You may use a wide shoe (sneaker) as the swelling permits

WEEKS 4-6
• Return to Dr. Key’s office for follow-up visit
• You can now return to activities without restriction.