

Bunionectomy

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

During this surgery, your doctor will remove a bony bump (bunion) from your foot.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

Your Incision

- You may have a large dressing, Ace® bandage or elastic stocking over your foot.
- Keep the dressing clean and dry.
- Leave your dressing on until your doctor says it can be removed.

- Keep your leg higher than your heart for 48 to 72 hours after surgery.
- Use ice for 48 to 72 hours to help reduce pain and swelling.
 - Place a cloth between your skin and the ice.
 - Alternate ice 20 minutes on and 20 minutes off.
 - Use ice up to 3 times a day.

Activity

- Your health care provider will tell you when it's OK for you to shower, drive and return to work.
- Slowly return to your regular level of activity.
- Rest as needed.
- Wear the shoe that was given to you in the hospital as directed.
- Follow your health care provider's directions.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

What To Expect After Surgery

- You will have a small amount of bleeding.
- You may have a pin in your toe.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Follow your health care provider's directions to prevent constipation.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- new pain or pain you can't control
- problems urinating
- bleeding that won't stop
- signs of infection at your incision site:
 - pain
 - swelling
 - redness

- odor
- warmth
- green or yellow discharge
- changes in your circulation:
 - increasing tingling or numbness
 - inability to feel or move toes
 - pale blue, white or cold toes
- nausea (upset stomach) or vomiting (throwing up) that won't stop
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.