**Bunion MIS Post Operative Protocols**

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| Day 0-14 | Walk as tolerated in post operative sandal. Keep dressing on and dry |
| Day 14-21 | 1st visit. Remove stitches and place in Velcro sandal |
| Week 3-4 | Continue walking exclusively in sandal. |
| Week 4- Week 6 | Begin to walk in normal shoe |
| Week 6 | 2nd visit. Assess progress. |
| Week 7- 2 months | Begin increasing walking and low impact activities |
| 2 months – 3 months | Increase activity level and progress to light exercise |
| 3 months | 3rd visit. Resume all activities as tolerated. Will still have swelling |
| 6 months | Final visit If needed. Swelling will be at minimum. |

Common Answers to Common Questions

* Keep Surgical Dressing on until your first follow up appointment. Do not remove it, even for bathing.
* Keep your surgical dressing dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
* DRIVING: If your left was operated on, you can drive as soon as your off narcotics. If your right foot was operated on it will take longer to drive. The surgery can alter your brake reaction time. Some patients will progress quicker than others, but on average we allow driving around 5-6 weeks after surgery.
* For the 1st 4 weeks, you may only walk in the post operative sandal. No standing or walking on your operative foot unless in the sandal.
* The Velcro sandal should be worn for 5-6 weeks. You may not stand or walk without the sandal. You may take it off when resting, sleeping or bathing.