**1st MTP/toe fusion Post Operative Protocol**

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| Day 0-14 | Heel Weight bearing only. Elevate and stay off foot as much as possible. Keep splint dry and do not remove. Use Scooter as needed |
| Day 14-21 | 1st Visit – remove stitches. |
| Week 3 - Week 6 | Remain Heel Weight bearing. Increase standing/walking time. Use scooter as needed. |
| Week 6 – Week 8 | 2nd Visit - Begin walking flat footed in sandal. Carbon Fiber insert given. |
| Week 8 - week 10 | Walk normal in sandal |
| Week 10 - week 12 | Transition into walking in shoe with carbon fiber insert |
| 3 month | 3rd Visit - Increase Activity as tolerated in good shoes with Carbon Fiber insert. Normally final visit. |

Common Answers to Common Questions

* Keep Surgical Dressing and splint on until your first follow up appointment.
* Keep your splint/cast dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
* A fusion requires stability. It requires good compliance with the sandal. Despite your desires, do not wiggle your toe or walk on your toes. This will jeopardize your surgical success and potentially lead to another surgery.
* Knee Scooters are very helpful during the first couple months
* Do not submerge the leg in water. Simply let the water wash over your wounds, but do not scrub them. Just gently wipe the wounds with soap and water, being sure not to scrub too hard or submerge the wound. Avoid scented lotions or creams. Mederma Scar Gel/ointment can be used if desired.
* Some patients will require a 6 month appointment if there are concerns with the healing.
* **Driving** – If the right foot was operated on, you cannot drive until 6 weeks post operative. if the left foot is operated on the driving can begin as soon as your off narcotics.
* In the first couple weeks it is ok to walk on your heel, however the more you up and walking the more you foot will swell. This will create more pain and may increase wound issues. We advise to keep the off the foot as much as possible, only getting up and walking on the heel for the bare necessities of life.