**Deep Peroneal Nerve Excision Post Op Protocol**

|  |  |
| --- | --- |
| Day 0-14 | Weight bearing as tolerated in Boot/Sandal, however, try to keep foot elevated for the first 7-10 days to decrease pain and swelling. Keep dressing dry and do not remove dressing |
| Day 14-21 | 1st Visit – remove stitches. Can shower but do not submerge wound. |
| Week 3 - Week 6 | Weight Bear as tolerated in normal shoes |
| Week 6 | 2nd Visit – Repeat XR. |
| Week 6 - 12 | Begin Weight bearing in normal shoe. Increase activity level week by week |

Common Answers to Common Questions

* Keep Surgical Dressing on until your first follow up appointment.
* Keep your dressing dry at all times. When bathing during the initial 2 weeks use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
* Swelling is often seen in the foot for several months but normally resolves by month 3
* No metal and no implants are left in the body – only dissolvable suture.
* **Driving:** You can drive as soon as you are off pain medication
* **Walking:** You can walk the day of surgery IN THE POST OPERATIVE SANDAL/BOOT. I advise to stay off your foot as much as possible. The more you walk, the more pain and swelling you will have.

Expectations

* Goal of Surgery is increasing activity with less pain without undergoing a fusion procedure which has a long recovery period.
* We are not removing your arthritis. In this surgery we remove the nerve that allows you to feel the arthritis.
* 80% of patients are satisfied with the pain relief.
* 85% of patients would repeat the surgery.
* 84% would recommend this surgery to a friend
* At 2 weeks you can begin to wear shoes and slowly increase your activity
* You will notice more swelling as you increase your activity, at the end of the day, and if you are not elevating your foot. Swelling increases pin.