Bunion Care
Care After Surgery

Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available, but unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- It is normal to be sore for a couple weeks after surgery. See your caregiver if this seems to be getting worse rather than better.
- If you are told to use a splint or special shoe, do so until instructed otherwise.
- You may resume normal diet and activities as directed or allowed.
- You may put ice on the affected area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes each hour while awake for the first couple days following surgery.
- Change bandages (*dressings*) if necessary or as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Make an appointment to see your caregiver for stitches (*sutures*) or staple removal when instructed.
- Put weight on the foot as your caregiver tells you. Most people are on crutches for the first week.
- **Do not** wear high heels.
- You will likely wear a boot for 6 weeks.
- Keep the foot raised (*elevated*).

SEEK MEDICAL CARE IF:

- There is increased bleeding from the wound.
- You notice redness, swelling, or increasing pain in the wound.
- Pus is coming from the wound.
- You have an oral temperature above 102° F (38.9° C).
- You notice a bad smell coming from the wound or dressing.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medicines given.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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