

Post Operative Osteotomy Instructions

Dressing Instructions:

You will have on a splint band-aid dressing. You may change this dressing yourself as needed. You may get the foot wet once there is no more drainage noted on the bandages.

You will need to wear the band-aids until the incisions are closed and there is no drainage. The coflex dressing needs to be worn both day and night for 3 weeks except to bathe. The coflex acts as an external splint and helps support the foot. Those who wear it report less discomfort and swelling.

Footwear:

You may get into a “regular” shoe at this point if your swelling allows. The footwear must be supportive (only has forefoot flex and no arch flex.) Many people prefer to wear a sandal similar to a “Birkenstock” sandal with a cork sole and buckle straps. These sandals are supportive and allow the patient to loosen the buckles on the postoperative foot to accommodate swelling. Other patients prefer a tie shoe for support and often purchase a larger size or wider inexpensive athletic or oxford shoe for their postoperative recovery.

Frequently Asked Questions:

Q. Is it normal to still have drainage on the bandages?

A. Yes, continued drainage is normal from some of the incisions. The majority of the drainage occurs within the first week postoperatively, but small amounts of drainage may be noted on the bandages for two or three weeks.

Q. How soon after surgery can I go barefoot?

A. No barefoot walking for one month postoperatively.

Q. Is it normal to still have swelling?

A. After 6-8 weeks 80% of the swelling is normally gone. The remaining 20% can last up to 6 months or even a year. How much you are on your feet can be a factor as well. Other factors are diet, weight, circulation, genetics, age, and if you smoke.

Q. Can I soak my foot and what do I use?

A. You should wait to soak the foot or use a hot tub until the doctor okay's it because the incisions may still be draining and heat may promote swelling.

Q. How long until I can exercise?

A. You may start swimming and use a stationary bike at 4 weeks. Running is usually allowed around 6-8 weeks, but you need to get permission from the doctor first.

Q. Is skin or callus peeling normal?

A. You will notice both skin and callus peeling during your postoperative healing process. Pressure points have been reduced, and therefore calluses slough off.