

After forefoot surgery: bunion or toe correction

After bunion or toe surgery



Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Keep the foot raised above the level of the hip most of the day, especially in the first days: this is what brings the swelling and the pain down. The dressing holds the toe in its new position: keep it on, clean and dry, and do not loosen or change it yourself. Wear the special shoe we gave you for every step. Keep the ankle moving.

Weight bearing As written on your prescription — usually walking on the heel in the special shoe, with crutches or a walker if we gave you them. Walk only short distances, at home.



Walking in the special shoe

Wear the special shoe, fastened, for every step. Put your weight through the heel, not the front of the foot, unless we have told you otherwise, and use the crutches or walker as we advised. Take short, even steps.

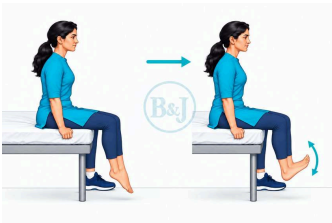
Use when walking

✓ Should feel

The weight going through the heel

✗ Should not feel

Pushing off from the toes, or pain at the front of the foot



Ankle pumps

Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ Should feel

The calf working

✗ Should not feel

Calf pain or swelling — tell us



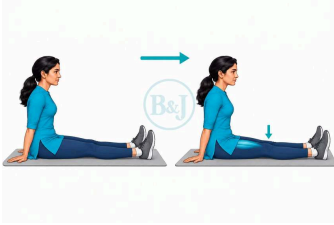
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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

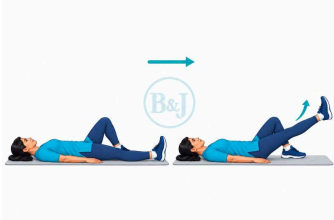
3 times a day

✓ **Should feel**

The thigh muscle tightening

✗ **Should not feel**

Knee pain



Straight leg raise

Lie down, good knee bent. Keep the operated leg straight and lift it 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain

Not yet Walking barefoot or in your own footwear, pushing off from the toes, getting the dressing wet, letting the foot hang down for long, or driving. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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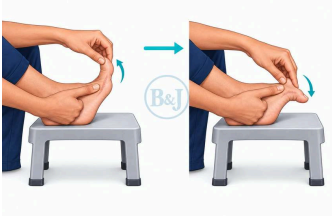
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Weeks 2–6

Stitches out. Keep wearing the special shoe, and the toe spacer or strapping if we gave you one. Start the toe exercises when we allow — if a wire comes out through the toe, only after we have taken it out. If a toe joint was fused (joined solid) in the operation, never bend that joint. Swelling of the front of the foot by evening is normal and can last for several months; raise the foot when you rest. Carry on with the earlier exercises.

Weight bearing As written on your prescription, in the special shoe. Walk a little further each day.



Big toe up and down

Sit with the operated foot resting on a stool. Hold the foot just behind the big toe with one hand, and with the other hand gently move the big toe up, then down, as far as is comfortable. Do not force it.

10 times

3 times a day

✓ Should feel

A gentle stretch at the big toe joint

✗ Should not feel

Sharp pain, or pulling at the wound



Toe stretch

With your hand or a towel, gently pull the toes back towards you, and hold.

Hold 20 seconds

3 times

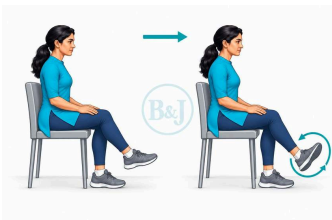
3 times a day

✓ Should feel

A stretch under the toes and the sole

✗ Should not feel

Sharp pain



Ankle circles

Move the ankle slowly in circles both ways.

10 each way

3 times a day

✓ Should feel

The ankle loosening

✗ Should not feel

Sharp pain

Not yet Walking without the special shoe, tight or narrow footwear, running or jumping, or driving until we agree. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Week 6 onwards

Out of the special shoe into a wide, soft, roomy shoe, as the X-ray shows healing. Walk normally, rolling through the foot onto the toes. Build up the strength of the toes and the calf. Some swelling and stiffness of the big toe can last for some months. Carry on with the toe exercises.

Weight bearing Full, in a wide roomy shoe, unless we have told you otherwise.



Towel toe curls

Scrunch a towel with the toes.

10 times

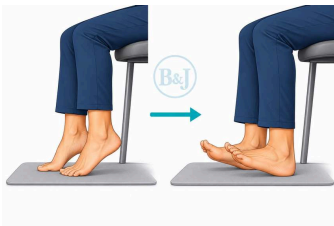
Daily

✓ **Should feel**

The foot muscles working

✗ **Should not feel**

Cramp



Sitting heel and toe raises

Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain



Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**

The calf working

✗ **Should not feel**

Sharp pain



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Walking

Walk daily. Build the distance slowly.

20–30 minutes

Most days

✓ Should feel

Easier walking over weeks

✗ Should not feel

Swelling next day — do less

Not yet Tight, narrow or high-heeled footwear, and running, jumping or sport, until we clear you. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Stop and telephone us if

- A toe becomes blue, pale, cold or numb, or the dressing feels too tight — come the same day
- The pain suddenly becomes severe — come the same day
- The wound leaks or drains — come the same day
- Redness spreading around the wound, or fever
- If there is a wire in the toe: it moves or comes out, or the skin around it turns red or leaks
- The toe moves out of its corrected position, or the dressing slips or comes loose
- The calf becomes swollen, tight or painful — come the same day
- Sudden breathlessness or chest pain — go to the nearest hospital



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