



## **2 Week Instructions for Bunion Surgery**

You have reached a milestone in your surgery where you can begin working on your foot to improve the function and the appearance after your bunion surgery.

At this time I would like you to start massaging the incision to reduce nerve sensitivity and reduce swelling.

You should immediately begin to move your great toe joint up and down to the point of causing some discomfort. Start by gently holding your toe and pulling up and pushing down on the BASE of your great toe; not the TIP. Repeat this exercise for 1 minute and do this 5 times each day.



You can now get your foot wet and take baths or showers.

Continue swelling reduction by using compressive dressings (Coban) on the foot all the time.

**Remember that the foot must still REMAIN in the post operative boot until the bone is healed (about 5 weeks from the date of surgery).**

If you have difficulty is doing any of the above then you must call our office to talk with us or perhaps arrange for physical therapy through our office.

Remember...It's up to you to move and massage to get the best and optimal bunion result. So rub those incisions and move that joint!