

## POSTOPERATIVE PROTOCOL

### Lapidus Arthrodesis and Bunion Correction

#### Total 8 weeks of immobilization

- Non-weight-bearing in boot x 4 weeks with the use of Gait Assistance
  - Leg Caddy/Leg Scooter
  - Walker (Four Point)
  - Crutches
  - iWalk
- Weightbearing in CAM boot at 4 weeks until the 8<sup>th</sup> week. Rehabilitation starts at the 4<sup>th</sup> week to work on range of motion of the hallux.

#### First postoperative visit is 4-5 days after surgery

- Incision check with steri-strip replacement
- Xrays taken to assess the positioning of the corrected deformity
- Redress the foot with new dressings to be left on until 2<sup>nd</sup> post-operative visit
- Reapplication of the CAM boot for protection
- Keep dressings clean with shower cover
- Range of motion exercises to be done at home (50 times twice to three times daily)

#### Second postoperative visit 3 weeks after surgery

- Sutures removed by Athletic Trainer
- May get surgical site wet. DO NOT SCRUB THE AREA. Gentle washing with soap and water.
- Steri-strips reapplied will fall off in one to two weeks. No need to replace, unless there are signs of wound separation. CALL THE OFFICE, if there are signs of infection.
- Dispensed and fitted for a Bioskin Hallux Positioner and Compression Sleeve (\$35 out of pocket expense) to be worn day and night – should consider two of them to wash and wear

#### Third postoperative visit 4 weeks after surgery

- Xrays taken to assess bone healing
- Allowed to weight-bear with CAM boot to tolerance. Revert back to Gait Assistance as needed for the first week.
- Rehabilitation with formal Physical Therapy including strength, range of motion, scar mobilization, gait retraining

#### Fourth postoperative visit 8 weeks after surgery

- CT scan taken to assess bone healing (may or may not be billable to insurance)
- Post Physical Therapy recheck
- Begin transition to surgical shoe then to gym shoes to tolerance
- Continue Physical Therapy protocols

**\*Swimming and Recumbent Cycling allowed at 6<sup>th</sup> to 8<sup>th</sup> week; no flip turns**

**\*Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%**

Return to daily activity around 12 weeks

Return to weight bearing sports activities 16-18 weeks

Driving allowed at 8th postoperative week (Remove boot if on right foot/ankle)