

Great Toe Cheilectomy

Post Operative Planned Schedule:

Day of Surgery:

Rest after arriving home, keep your leg elevated as much as possible
50% weight bearing which means you must use crutches or a walker to assist you at all times until you are full weightbearing status.

1 Week Visit:

Possibly get sutures out if directed by Dr. Mangone
Continue 50% weight bearing in the post op shoe, slowly progress weight as tolerated
Begin physical therapy for range of motion, do exercises at home few times daily

3-4 Week Visit:

Sutures out if not removed at 1 week visit
Weightbearing as tolerated
No high impact activities until 2 months out from surgery
May wean back towards regular footwear

3 Month Visit- Final:

Return to see Dr. Mangone for the final visit if needed. Discuss any problems, concerns, or questions at that time. Will be discharged from BRBJ care at this visit if no problems or concerns arise.

Extra Instructions:

It is normal to have some drainage/bleeding on or through the bandage; pain is also to be expected. If you get a fever or red streaks up your leg call immediately.
Showering: After the first visit if indicated by Dr. Mangone.
Soak in a tub: Only after 3 weeks if indicated by Dr. Mangone.
Drive a car: (if R foot or manual transmission) Only when back to a normal shoe
Understand that your foot/great toe may not look exactly the same as the other.
You may not be able to wear a normal shoe on a regular basis for up to three months due to residual swelling of the great toe and foot.
You must follow these instructions to ensure proper healing and to reduce your risk of non-union or other problems.

I understand the post-operative plan and the risks of surgery. I will be compliant with these restrictions and work with Dr. Mangone's instruction throughout my medical care.

Signed: _____

Date: _____