

1st Metatarsophalangeal Joint Fusion Surgery (Great Toe Fusion)

Post Operative Planned Schedule:

Day of Surgery:

- Rest after arriving home, keep your leg elevated as much as possible
- 25% 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 25-50% weight bearing in the post op shoe

4 Week Visit:

- Sutures out if not removed at 1 week visit
- Continue 50% weight bearing in the shoe, still using crutches, walker, or a cane until directed by Dr. Mangone which will be anywhere from 4-6 weeks post op
- No high impact activities until 3-4 months out from surgery
- May wean back towards regular footwear 6-8 weeks post op

8-12 Week Visit:

- Continue slowly increasing activity as tolerated.

6 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:_____.