



IMMEDIATELY AND FIRST FEW WEEKS POST-OP

Hallux Valgus

- Feet must be elevated for the first 48 hours.
- Weight bearing is permitted as tolerated on the operated foot or feet with the special sandal(s), immediately after surgery and for the entire time.
- The use of crutches is not mandatory, only use them for balance and comfort in the first weeks after surgery.
- Please do not touch your dressing or get it wet until your next appointment with Dr. Gdalevitch, 1 week after surgery.
- There will be a metallic wire (called a pin) sticking out of the first toe and your toe will also be positioned with a large space between the 1st and 2nd toe and this is to be expected.
- You are allowed to bath, without getting your foot/feet wet.
- Please take all the medication that Dr. Gdalevitch prescribed to you. This includes Tylenol, an anti-inflammatory (Naproxen or Celebrex) and a narcotic (Statex or Dilaudid). Pantoloc is an additional medication that is prescribed to prevent any burning sensation in your stomach secondary to the anti-inflammatory taken. Colace the last medication prescribed to prevent constipation due to the narcotics.
- Please take note that the first 48 hours are usually the worst and the pain should subside following that.
- Your follow up appointment with Dr. Gdalevitch is 1 week following surgery for a dressing change. You will be keeping the metallic pin in your foot for 4 weeks.

Weeks 1- 4

Following your first dressing change with Dr. Gdalevitch, you will be instructed to walk on your foot/feet with the special sandal(s). It is important for you to put your weight on your entire foot/feet in order to put pressure on the operated area(s) (this will help the bone heal).

You will be permitted to shower daily by following these steps :

- 1- Remove the toe splint.
- 2- Shower using regular soap and water, to keep the metallic pin clean.
- 3- Once out of the shower, dry the metallic pin and the surrounding skin properly.
- 4- Reposition the splint as shown in following pictures.





At discharge or your first follow up appointment, you will also be given a prescription for an antibiotic, this is NOT to be taken. This prescription is given in case you develop a pin site infection during the time that the metallic pin is in your toe.

Signs of pin site infection include: pain and redness along with swelling and increasing draining or oozing of a yellowish liquid that is getting thicker. If there is presence of these signs, you should start the antibiotics that were prescribed. You have the appropriate prescription to help you avoid having to go to the emergency room. The pain, redness and oozing should improve within 24-48 hours. If these symptoms do not improve, or if you develop a fever, then you need to present yourself to the emergency room ASAP.

You can also call Serge or Anne-Marie at Verdun Hospital for more information or questions at: 514-362-1000 ext. 62852 or email at info@drmarieg.com.

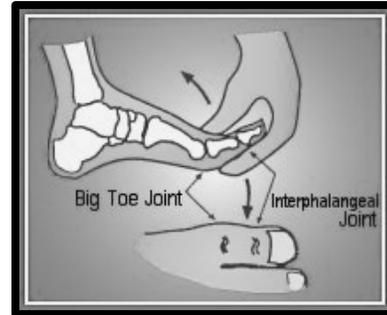
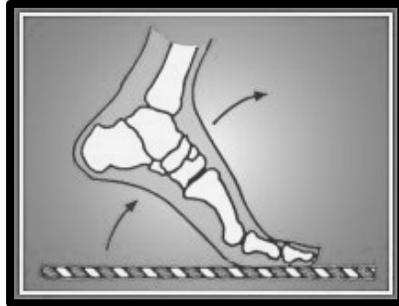
Week 4:

The metallic pin will be removed at your 4 week appointment. This process usually generates a lot of anxiety for the patients. The removal of the pin is very quick (less than 3 seconds). It is mostly painless, particularly if you have been walking on your foot/feet, as the pin has had time to loosen.

Once the pin is removed we will put a temporary dressing for 48hrs. You can shower normally 48 hours after the removal of the pin.

IT IS **VERY** IMPORTANT to start range of motion (ROM) exercises 48 hours after removal of the pin. These exercises need to be done passively and actively. You must forcefully take your 1st toe with your fingers and bend it up and down to regain the motion as early as possible (see diagrams below). These exercises

should be performed 30 times per toe, 3 times/day for the next 8 weeks following the removal of the pin.



The wideness of the first toe can take up to a week for it to come back to a more normal position. You may then start wearing a normal, albeit wider, shoe (ex. a wide running shoe).

Swelling in the foot usually takes up to 3 months to decrease significantly, but can be present for up to 6 months following surgery.

Follow-up appointments:

Your clinic appointments for this surgery are:

- 1 week post op
- 4 weeks post op for removal of the pin
- 3 months post op for return to work assessment
- 9 months post op for final result assessment

Return to work assessment:

If you have a sitting job you can expect to go back to work around 6-8 weeks post op. If you are required to stand or if you have a physically demanding job, you can expect to return to work 3 months post op.