



## **Post-operative guidelines for *First toe fusion (arthrodesis)***

Please note these are general post-operative guidelines and may change for various reasons on a case-by-case basis. Diabetics will require more time to heal.

At 2 weeks after your surgery you will be seen to have your stitches removed. You will be placed in a post-operative heel walking shoe. You should still remain non-weight bearing. Walking too early may result in the bones not healing appropriately and require an additional surgery!

At 6 weeks after surgery you will begin to put partial weight on your operative leg but only while wearing a post-operative shoe.

By 10 weeks from surgery you should be putting your full weight on the affected leg in a regular shoe.

Please use extreme caution while using assistive devices such as crutches, walkers, or Roll-A-Bout. You can fall and break something else!

If at any time after surgery you notice increasing redness, pain, drainage from the incision, fevers or chills, please contact Dr. Kestner's office (843) 572-2663

**Do not use tobacco products!! It greatly reduces healing and increases the risk of complications.**

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