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### **Post-Operative Instructions-3 week Bunion Surgery**

The patient was given the following instructions and understood and agreed to comply.

- Patient may bathe or shower in 3 days. If showering he/she must be seated. He/she is not allowed to walk barefoot for 3 weeks.
- Patient must wear night splint at night-time only.
- Patient should wear tubi-grip sock for swelling during the day, off at night.
- Patient may wear one size larger tennis shoe. If uncomfortable go back to the blue surgery shoe.
- Patient should exercise big toe joint 10 times each direction and do 2 sets of exercises per day. Also, actively curl toes downward-try to pick up a towel or pencil.
- Patient should wrap foot with gauze during the day and remove at night to wear night splint.
- Contrast baths may be performed if necessary for swelling.

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