



Town Center

ORTHOPAEDICS

Bunionectomy/ 1st MTP Fusion/ Hammertoe Correction

- Same-Day Outpatient Surgery
- General anesthesia with local nerve block
- Types:
 - 1st MPJ fusion/Bunionectomy
 - Hammertoe correction/shortening lesser metatarsal osteotomy
 - Rheumatoid forefoot correction
- Activity:
 - **Weightbearing on heel with forefoot-offloading Boot for 6 weeks**
 - **Keep dressing clean, dry, and intact. Do not change or remove dressing**
 - **Ice and elevate surgical foot. Place ice behind the knee on the surgical leg**
 - **Must sleep with Boot/Surgical shoe until sutures are out**
 - **Hammertoe must sleep in boot for 4-6 weeks**
 - **May remove boot only when sitting down, while awake, during the day**
- Follow-up: 703-435-6604

2 weeks: Remove surgical bandage, X-ray, and suture removal

6 weeks: X-ray, transition into tennis shoe; light, low-impact activities

- Pin removal for those with hammertoe/rheumatoid forefoot reconstruction
- Physical Therapy if needed

12 weeks:

- Final x-ray, normal activities

Assistive Devices:

- Forefoot-offloading surgical shoe



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Physical Therapy:

- Offered after 6-8 weeks, if needed

Total Recovery:

- 6 months
- Rheumatoid forefoot reconstruction, 9 months