

### About your surgery

- The modified Lapidus procedure is being performed to address your hallux valgus (bunion) deformity.
- It involves fusion of the foot's first tarsometatarsal joint in the area on the top of the foot in order to realign the bunion deformity.
- Bone graft will be taken from your calcaneus (heel) and will be used at the fusion site.
- Other procedures may be performed during surgery to facilitate adequate correction of your deformity.
- Although uncommon, possible complications after surgery include infection, injury to nerves or tendons, wound healing issues, or deep venous thrombosis (DVT).

### Showering/Personal Hygiene

- You will be in a splint after surgery.
- The splint should remain dry and should not be changed or removed until seen by your surgeon approximately 2 weeks after surgery. We want to protect your foot and give your incisions time to heal.
- When showering, you should use a cast cover or sealed garbage bag to protect your splint.
- At your 2 week follow up visit, your splint will be removed and you will be placed in a removable CAM boot.

### Important Considerations for After Surgery

- Elevating your foot above your heart will help control swelling. A swollen foot can give the sensation of having a "tight bandage" or increase pain in the extremity.
- You will be non-weight bearing on your operative foot for approximately 6 weeks. This will help your wounds heal and increase the chances for a successful outcome because it takes this amount of time for the bone to heal.
- Crutches, a walker, and/or a knee scooter will help you get around.
- You will begin physical therapy at about 6 weeks after surgery, and will begin to place some weight on your foot at that time in a CAM boot.
- The transition from partial to full weight bearing will occur over 4 weeks in a CAM boot. You will then transition from the CAM boot into sneakers.
- Low impact activities (eg. walking, stationary bike, elliptical) can begin at approximately 3 months.
- You will be allowed to do all activities as tolerated at approximately 6 months.

### Post-Operative Prescriptions

- You will receive prescriptions for:
  - A pain medication
  - An anti-nausea medication
  - An anti-inflammatory medication (NSAID)
  - Aspirin
- Aspirin is used to decrease the risk of developing a blood clot.
- If your surgeon thinks you have a greater than normal risk for developing a blood clot, you will receive a different type of medication to reduce your risk (Lovenox® or Xarelto®).