

Bunion Correction – Lapiplasty

0-2 weeks:

- Post operatively the patient is placed into a wedged post-op sandal on the affected foot and will be non-weight bearing for 6 weeks across the forefoot. The patient is okay to do transfers through the heel in the wedged sandal when needed.
- Weight bearing as tolerated in the wedged sandal
- Pain Management: Use of medications, including opioids and acetaminophen (avoiding non-steroidal anti-inflammatory drugs - NSAIDs).
- Elevation and Ice: To reduce swelling and pain

2-6 weeks:

- Suture and dressing removal around days 10-14, along with initial X-Ray imaging
- Continue weight bearing in the wedged sandal
- Begin range of motion exercises with the big toe, working towards symmetry with the other foot

6-12 weeks:

- X-Ray imaging will be done at the 6-week appointment
- Follow-Up Visits: Regular check-ups with the surgeon to monitor healing.
- Once imaging shows adequate bony healing, the patient can transition out of the wedged sandal and back into supportive footwear with arch support.
- Continue range of motion exercises with the big toe, working towards symmetry with the other foot

>12 weeks:

- Slowly begin increasing activity levels as tolerated
- Increase dynamic weight bearing exercise, including plyometric training

This protocol provides a general guideline and could change depending on each individual's progression, but it's important to follow the specific instructions and recommendations given by your surgeon and physical therapist. For any other questions, concerns, or updates, please call our office to discuss with the medical assistant.