Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

TYPE 1 TIMELINE
Post-Operative Protocol

Day of Surgery

- You will be in a soft dressing (no cast)
- You will need crutches for the first day
- No driving
- Cover the foot for showering

Week 1

- Office visit with the cast team for a first dressing change
- Weight bearing as tolerated in a post operative sandal
- Pins remain in place (if applicable)
- Swelling control with compression dressing/sleeve

Week 3

- Dr. Wolf visit for x-ray and assessment of early healing
- Pins will be removed (if applicable)
- Continue use of post operative sandal
- Showering OK
- Some begin to drive

Weeks 6-8

- Transition into normal shoewear as swelling allows
- Back to work? Restrictions may be necessary
- Begin to increase activities as tolerated
- Driving OK

Week 12

- Bony work should be healed
- Swelling continues to slowly diminish
- Recreational walking begins
- Patients first begin to believe that this may actually work...

Months 3-6

- Gradual return to strengthening, endurance, and sport
- Early or light jogging begins at month 3
- Athletes don't return to cut/pivot/shift sport activity until months 5-6
- Likely full return to work if haven't returned already at 3 months

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THINGS TO KNOW

1. For most people, post op pain is not a significant factor. Cold therapy, the nerve block, and a day or two of pain meds usually works very well!
2. You should plan at least 1-2 weeks out of work, depending on what you do.
3. The timing of return to work depends on what you do and how much work can accommodate.
4. Return to driving after right side surgery can take 6 weeks!
5. A preoperative mobility assessment with physical therapy is very helpful.