Connecticut Orthopaedics

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

TYPE 2 TIMELINE
Post-Operative Protocol

Day of Surgery

- You will be in a splint after surgery
- You will need crutches
- 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 tall walking boot
- You may not feel comfortable weight bearing right away
- Swelling control with compression dressing/sleeve

Week 3

- Dr. Wolf visit for x-ray and assessment of early healing
- Continue use of boot, can come out of the boot for gentle motion
- Can come out of the boot and try a stationary bike or peddler
- Showering OK, some begin to drive

Weeks 6-8

- Transition into a lace up brace
- Back to work? Restrictions may be necessary
- Begin to increase activities as tolerated
- Driving OK

Week 12

- Swelling continues to slowly diminish
- Recreational walking begins
- May wean out of lace up brace
- 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
- Patients overall happy with outcome

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THINGS TO KNOW

1. You must wear a cast or boot for 6 weeks of protection after surgery
2. You must be on crutches for at least the first week and then you are allowed to weight bear in a boot
3. You may wear a removable brace for 4 weeks after the boot with incorporation of physical therapy
4. You will remain swollen for a long time
5. OAH will be happy to provide you of work documentation for your employer
6. Return to driving after right side surgery can take 6 weeks!
7. A preoperative mobility assessment with physical therapy is very helpful.