



Highland Clinic
Orthopedics
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Postop Bunion Surgery Orders

Elevate foot (feet) as much as possible for 24-72 hours – may get up to go to bathroom and eat.

Keep dressing clean and dry – if you use ice, be careful not to get dressing wet.

Expect some pain for 2-3 days – pain medicine may not completely relieve pain, but should help – call if the medicine does not help.

Pain medicine may make you nauseated – take with food or try Dramamine to help with the nausea.

Expect some bloody drainage on the dressings.

Toes should remain pink or turn white and then pink when you pinch them.

Toes should have feeling when you touch them.

Appointment for return is usually within 3-5 days – dressing will be removed at that time.

Hanging the foot (feet) down will usually result in increased pain.

Put weight on heel when ambulating with crutches (walker).