



Post-operative Calendar After Minor Foot and Ankle Surgery

Days 1-14

- Ice and elevate leg as needed for pain control and swelling
- Weight bear as tolerated in a walking boot

Week 2

- Return to clinic for possible x-rays and dressing removal
- Possible suture removal if swelling has reduced enough
- A physical therapy referral will be provided if needed

Weeks 2-4

- Wean out of walking boot and gradually transition to a normal shoe as swelling allows
- Gradually transition to normal activities
- Follow up on an as needed basis

Tips:

- We recommend you do not remove your dressing until you are seen at your first visit.
- NSAID medications (ibuprofen, naproxen) may slow down healing time, especially in fractures and bony fusions, and should be used for moderate to severe pain only.
- An arch support placed in your boot is helpful to support the foot. We can recommend an over-the-counter product if needed.
- After your sutures are removed, you can shower with your walker boot off. Please do not soak the wound. We recommend placing a stool or chair in the shower to prevent falls. Avoid skin irritation by scrubbing the incision too hard.
- A rolling knee scooter can be purchased online to supplement crutch or walker use.