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Great Toe Fusion - Recovery Protocol

- **Phase I (weeks 1-2)**
 - At home
 - Keep dressing clean and dry
 - Minimal walking, mostly weight to the heel in a surgical boot
 - When you leave the house, crutches or a knee scooter are recommended
 - Pain management
 - Oral pain medications as prescribed
 - The first 72 hours are the most uncomfortable, then pain greatly improves
 - Elevate above heart for swelling control
 - In the office
 - Post op visits:
 - Week 1: x-rays
 - Week 2: suture removal
- **Phase II (weeks 3-6)**
 - At home
 - Increase activity and walking, continuing to wear the surgical boot
 - Wash foot as desired
 - Swelling common during this stage as patient starts to walk more in the boot
 - In the office
 - Post of visits:
 - Week 4: x-rays
 - Week 6: x-rays
- **Phase III (weeks 7-10/12)**
 - At home
 - Increase walking in a supportive shoe, possibly boot until 8 weeks depending on x-rays
 - Casual/dress shoes usually be weeks 10-12 depending on swelling
 - In office:
 - Post op visits:
 - Week 10 or 12: x-rays
- **Phase IV (weeks 12+)**
 - Incorporate recreational activity and walking as tolerated
 - Swelling common for 3-6 months as fusion site finishes healing