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Minimally Invasive Tailor's Bunion Recovery Protocol

Phase I Recovery (Weeks 1-4):

- Follow up visits at weeks 1, 3, and 4
- At home:
 - Walk in surgical shoe
 - Keep surgical dressing clean and dry
- In the office:
 - Suture(s) out at week 1 or 2
 - Pin removal at week 4 to 6
- Indications to call the office:
 - Dressing falls off
 - Pin moves, backs out, or is bothersome
 - Toes are throbbing or dressing feels too tight even after cutting outer bandage

Phase II Recovery (Weeks 5-8):

- Follow up visit at week 6
- Begin range of motion of the baby toe once the pin is removed
- Transition from a surgical shoe to stiff-soled athletic shoe at week 5 or 6
- Walking limited to daily needs
- Can wash foot as desired
- Swelling expected to increase during this phase due to reintroduction of normal shoes

Phase III Recovery (Weeks 9+)

- Follow up visits at 12 weeks and 20 weeks
- Can resume recreational activities/running between weeks 12-16
- Ice as needed
- Swelling is common for 4-6 months