



NEW ENGLAND  
ORTHOPEDIC SURGEONS

300 Birnie Ave, Suite 201, Springfield, MA 01107  
(413) 785-4666 • [www.neortho.com](http://www.neortho.com)

## THINGS YOU SHOULD KNOW ABOUT BUNION SURGERY

1. **It's a Project.**
2. It's most successful when **pain** is the primary problem to be solved.
3. You should plan to **1 to 2 weeks off from work**
4. Your dressing will be changed at 2 weeks.
5. You must use a **toe-spacer** for 6 weeks.
6. You will likely return to shoe wear – “croc, clog, or tennis shoe” in **6 to 8 weeks**
7. You will remain **swollen for months**
8. The bone will be cut, shifted, and held in place with screws.
9. These **screws sometimes need to be removed** if prominent.
10. There is a **risk of recurrence** – 10 to 15% - due to soft tissue stretching out, which is increased with tight shoe wear.
11. You may be unable to **return to driving**, particularly if it involves the Right side, for **6 to 8 weeks**.
12. The timing of return to work depends on what you do, and how much work can accommodate your necessity to keep it elevated, and perhaps minimize or alter your work duties. Dr. McDonald will be happy to provide out of work documentation for your employer as necessary and appropriate.

In the end, most people end up happy; the rate of patient satisfaction