

Type I

Diagnosis: Procedure:

Day of You will be in a You will need Cover the foot for soft dressing: no crutches for the No driving showering Surgery first day cast Office visit with Weightbearing as Pins remain in Swelling control Week 1 the cast team for tolerated in a place (if with compression a first dressing post operative applicable) dressing/sleeve change sandal Dr. McDonald Pins will be Continue use of Showering OK, Week 3 visit for x-ray and removed (if post operative some begin to assessment of applicable) drive sandal early healing Weeks Transition into Back to work? Begin to increase normal shoewear Driving OK Restrictions may activities as 6-8 as swelling allows be necessary tolerated Week Patients first Swelling Bony work should Recreational begin to believe continues to be healed walking begins that this may slowly diminish actually work... Months Athletes don't Gradual return to Likely full return Early or light return to strengthening, to work if haven't jogging begins at cut/pivot/shift endurance, and returned already 3-6 month 3 sport activity sport at 3 months until months 5-6

Things to Know

- 1. This is most successful when pain is the primary problem to be solved
- 2. You should plan at least 1-2 weeks out of work, depending on what you do
- 3. There is risk of recurrence -10-15% due to soft tissue stretching out, which is increased with tight shoewear
- 4. The timing of return to work depends on what you do and how much work can accommodate
- 5. NEOS will be happy to provide out of work documentation for your employer
- 6. In the end, most people end up happy; the rate of patient satisfaction is high

Additional patient information is available from the Academy of Orthopedic Surgeons at www.aaos.org
Any questions, please call Sue Mulkern, Patient Educator and Surgical Coordinator 413-233-1124



Type II

Diagnosis: Procedure:

> Day of Surgery

You will be in a splint after You will need crutches surgery

No driving

Cover the foot for showering

Week 1

Office visit with the cast tea/reightbearing as tolerated on may not feel comfortable Swelling control with for a first dressing change a tall walking boot weightbearing right awayompression dressing/sleeve

Week 3

Dr. McDonald visit for

Continue use of boot, cacan come out of the boot and Showering OK, some begin to assessment of early healing come out of the boot for try a stationary bike or gentle motion peddler

Weeks 6-8 Transition into a lace up brace may be necessary may be necessary tolerated

Driving OK

Week 12

Swelling continues to slowly Recreational walking begins May wean out of lace upatients first begin to believe diminish brace that this may actually work...

and sport

Gradual return to Early or light jogging begins at Athletes don't return to Patients overall happy with month 3 until months 5-6

Things to Know

- 1. You must wear a cast or boot for 6 weeks of protection after surgery
- 2. You must be on crutches for at least the first week and then you are allowed to weightbear in a boot
- 3. You must wear a removable brace for 4 weeks after the boot with incorporation of physical therapy
- 4. You will remain swollen for months
- 5. NEOS will be happy to provide out of work documentation for your employer
- 6. In the end, most people end up happy; the rate of patient satisfaction is high

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Type III

Diagnosis: Procedure:

> Day of Surgery

You will be in a splint, norYou will need crutches, knee weightbearing scooter, or walker

No driving

Cover the foot for showering

Week 1

Office visit with the cast tellon-weightbearing in a splint Elevate for swelling for application of a cast

Use crutches, knee scooter, or walker

Week 3

Dr. McDonald visit for x-ray and assessment of early healing

Likely transition into a Continue non-weightbearing removable boot

Showering OK

Weeks 6–8 You may begin weightbearing weightbearing right away

May return to driving May begin physical therapy

Week 12

Bony work should be healed Swelling continues to slowly Recreational walking beginned that this may actually work...

Months 3-6

Gradual return to normalReturn to normal shoewelleople feel pretty well abolimprovements will continue activities from 3-6 months

3-4 months after

for up to a year

Things to Know

- 1. The goal of this surgery is to give you a foot or ankle that hurts dramatically less; the price to pay for pain relief is some degree of stiffness
- 2. You must be a fanatic about non-weight bearing for 6-8 weeks
- 3. The transition to weight bearing takes 6-12 weeks
- You will remain swollen for months
- 5. NEOS will be happy to provide out of work documentation for your employer
- 6. In the end, most people end up happy; the rate of patient satisfaction is high
- 7. Most patients take a year to fully recover

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