

# MINIMALLY INVASIVE BUNION

## *Recovery Protocol*

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Foot & Ankle Surgery

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### **Phase I Recovery (Weeks 0-4):**

- Weekly or biweekly visits for dressing and/or splinting changes
- **At home:**
  - Keep dressing and pin site clean and dry while bathing
  - Ambulate in a surgical shoe or boot as tolerated
  - Ice top of foot (over dressing) or over front of ankle
    - 20 minutes a session, 3-4 times daily
  - Elevate foot at or above the level of your heart for swelling control
  - Cut outer bandage down the center and reinforce with tape or Coban to allow for swelling
- **At office:**
  - Suture removal at week 1 or 2
  - Pin removal between weeks 4 and 6
- **Indications to call 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):

- Clinical follow up appointments at weeks 6 and 8
- Begin daily at home passive (manually moving toe with fingers) and active (moving toe with toe muscles) range of motion
- Physical therapy encouraged starting at week 4 or 6, depending on when pin is removed
- Transition to stiff soled running or gym shoe at week 5 or 6
- Ice top of foot or over front of ankle
  - 20 minutes a session, 3-4 times a day
- Wash incisions as desired
- Swelling expected to increase during this phase due to reintroduction of shoes/increased walking

## Phase III Recovery (Weeks 9+):

- Clinical follow up appointments at 12 weeks and 20 weeks

### Goals

- Return to full ambulation by week 9
- Return to running and ballistic exercises by weeks 12-16
- Ice as needed
- Swelling is normal for 4 to 6 months