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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