

Below is an example of a Post Operative Protocol that Dr. Hasselman uses with his Toe DF & ToeMotion patients. It is provided for informational purposes only and does not constitute medical advice. Each patient is unique and deserves an individualized post operative plan based on the patient's specific prognosis. This information should not be relied on as a substitute for, or to replace, professional medical advice or treatment

Activity Guidelines:

- Wear post-op shoe as needed for comfort.
- Walking with foot dependant only when necessary (for meals and bathroom).
- Weight Bearing as tolerated immediately post-op. Walk around house without the post-op shoe on, if comfortable.
- Begin to move your big toe joint using your hands immediately.

Medications and Diet:

- Take pain medication as prescribed.
- Pain medication may be constipating, so eat high fiber foods such as fresh fruit and green vegetables.
- Resume your regular diet and regular medications.
- Drink plenty of water.

Special Instructions:

- Strict elevation of operative leg above the heart / above hip when sitting for 1 week post-op.
- Elevate leg when sitting for meals on another chair.
- Use ice packs (keep dressing dry) continuously, while awake, during first 72 hours to prevent swelling and reduce pain.
- Do not get dressing wet. May shower if dressing covered with plastic; do not let water run directly on affected foot. If using tub, keep foot out of tub up on side.
- Check dressing daily for new drainage.

Dressing and Sutures:

- Keep your dressing clean and dry
- Maintain your post-op dressing until your follow-up appointment with surgeon.

When to call the doctor:

- Chills or a fever of 101 or above.
- New or unusual drainage on your dressing.
- Redness, swelling, or drainage from your incisions.
- Swelling or pain in the calf of your affected leg.
- Pain unrelieved by taking prescribed pain medicine, raising your leg, or applying ice.

Additional Instructions:

- No alcoholic beverages while taking pain medication.
- No driving or operating complex machinery until advised to do so by surgeon



Motion in Every Step
Metatarsal Implant Systems

28 Forge Parkway • Franklin, MA 02038 • P: 508.520.3003 • F: 508.528.3785

For more information, visit our website: www.arthrosurface.com

© 2018 Arthrosurface, Inc. All rights reserved.

PN 4001-4023 REV A

