

Minimally Invasive Bunion Surgery

Post-Operative Instructions

Day of Surgery:

- Please bring your walking boot to the hospital. It will be applied by the medical staff after your procedure.

Walking & Weight-Bearing:

- You **must** wear the walking boot at all times when standing or walking.
- The boot **may be removed** when sleeping, resting, or applying ice.
- Avoid walking without the boot to protect your surgical site.

Bandages & Wound Care:

- Your bandages **must remain on at all times**.
- Some bleeding through the bandages is **normal**. However, if you experience **active, dripping bleeding**, please contact Dr. Campitelli immediately.
- **Keep the bandages dry**. If they become wet, they will need to be changed. Use a cast cover or waterproof bag to protect your foot while showering.

Pain Management:

- Take your prescribed pain medication as directed.

Ice Application:

- Apply ice **directly to your foot** for **20 minutes on, 20 minutes off** each hour while awake.
- **Do not fall asleep** with ice on your foot, as this can cause skin injury.

First Post-Op Visit & Bandage Changes:

- Your bandages will be changed at your **first post-operative visit**.
- After this visit, your bandages will typically remain on for **five more days**.
- You may begin getting your foot wet **one week after surgery**, but avoid **soaking** (no baths, pools, or submerging the foot for **four weeks**).
- **No antibiotic ointment is needed** on the incision.

Stitches/Sutures:

- Your stitches are **absorbable (clear sutures)** and will dissolve **inside the foot** over time.
- They typically fall out within **3-4 weeks**. You may gently pull them off if they are loose, or trim any long ends that become irritating.

Incision Care:

- Once the sutures have fallen out, you may apply **Vaseline, antibiotic ointment, or scar treatment (e.g., Mederma)** to aid in healing.

Walking Boot Guidelines:

- The walking boot **must be worn for a total of 3 weeks after surgery.**
- You **may remove the boot for showering** and can put weight on your **heel** while doing so.

Transition to Regular Shoes:

- **3 weeks post-surgery:** You may begin wearing a **running shoe**. Dr. Campitelli recommends cushioned shoes such as **HOKA, Brooks, or New Balance** for recovery.
- Swelling is expected; it is **encouraged** to fit your foot into the shoe (to tolerance) as this helps control swelling. **You will not damage anything by doing so.**

Activity Guidelines:

- **4-6 weeks post-surgery:** You may resume light walking activities, such as walking your dog or treadmill walking.
- **6-8 weeks post-surgery:** You may begin **impact activities (e.g., running)**, but **this must be confirmed by X-rays** at your follow-up visit.
- **Follow-up X-rays will be taken at approximately 6 weeks and again at 3-6 months post-op** to monitor bone healing.



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If you had a great experience with Dr. Nick Campitelli, we would truly appreciate your review on Google! Your feedback helps other patients feel confident in choosing our care. Dr. Nick is dedicated to making your foot look and feel its best and takes great pride in performing your bunion surgery. You can also find him on YouTube, where he educates patients about foot health and surgery. Thank you for trusting us with your care!