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## POST-OPERATIVE INSTRUCTIONS

# After Your Hammertoe Surgery

You have had hammertoe correction surgery. Depending on your procedure, a small pin (K-wire) may be holding the toe straight and will be removed in the office at 4–6 weeks. Healing requires patience — please follow these instructions closely.

## Weight Bearing & Activity

- Wear the surgical shoe at ALL times when standing or walking
- Heel weight-bearing only — keep weight off the front of the foot
- Elevate the foot above heart level for the first 1–2 weeks as much as possible
- Avoid driving until cleared (typically 4–6 weeks for the right foot)
- No running, jumping, or aerobics for at least 6–8 weeks

## Pin Care (If You Have a K-Wire)

- The pin will stick out the tip of the toe and is normal — do NOT pull, bump, or twist it
- Keep the dressing dry — bag the foot when showering
- A small amount of clear or pink drainage at the pin site is normal
- The pin will be removed painlessly in the office, usually at 4–6 weeks

## Dressing & Incision Care

- Leave the surgical dressing in place until your first post-op visit
- Do not remove or adjust the bandage — it is holding the toe in proper alignment
- No soaking, baths, swimming, or hot tubs until cleared

## Pain & Swelling

- Take pain medication as prescribed; transition to Tylenol or ibuprofen when comfortable
- Ice the ankle (not the dressing) for 20 minutes every 1–2 hours for the first 72 hours
- Swelling and bruising in the toes and top of the foot is expected for 4–8 weeks

## Footwear After Healing

- Transition into a roomy athletic shoe with a deep toe box once cleared
- Avoid pointed-toe, narrow, or high-heeled shoes for at least 3 months
- Toes may feel stiff for several months — gentle range of motion exercises will be reviewed at follow-up

**Call our office immediately if you have:**

- The pin bends, breaks, or pulls out before scheduled removal
- Spreading redness, red streaks, or warmth at the pin site
- Pus, foul odor, or soak-through drainage
- Fever over 101°F
- Numb, blue, or cold toes, or severe pain not relieved by medication

**Follow-up**

- Your first post-op visit is typically 7–14 days after surgery
- Pin removal is scheduled at 4–6 weeks
- Call 662-449-3663 with any concerns