
POST-OPERATIVE INSTRUCTIONS

After Your Heel Spur Surgery

You have had surgery to release the plantar fascia and/or remove a heel spur. This procedure addresses pain that has not responded to conservative treatment. Full recovery and resolution of pre-operative symptoms can take 3–6 months — patience and adherence to these instructions are essential.

Weight Bearing & Activity

- Wear the surgical shoe, boot, or cast at ALL times when standing — including nighttime bathroom trips
- Weight-bearing status will be specified by Dr. Lyons (usually heel-only or partial)
- Use crutches, walker, or knee scooter as instructed
- Elevate the foot above heart level as much as possible for the first 2 weeks
- No driving until cleared (typically 2–6 weeks for the right foot)

Dressing & Incision Care

- Keep the dressing clean, dry, and intact until your first post-op visit
- Bag the foot when showering — no soaking, baths, swimming, or hot tubs until cleared
- Do not apply lotions or ointments to the incision unless instructed

Pain & Swelling Control

- Take prescribed pain medication on schedule for the first 48–72 hours
- Ice the calf and ankle (NOT the dressing) for 20 minutes every 1–2 hours while awake for the first 3 days
- Some heel and arch swelling is normal for several weeks

What to Expect

- Mild to moderate heel discomfort for 4–8 weeks as the fascia heals
- Arch fatigue or cramping is common during the first 6 weeks — this improves with stretching at follow-up
- Pre-operative heel pain often improves gradually over 3–6 months, not immediately
- Numbness or tingling along the bottom of the heel may persist temporarily

Blood Clot Prevention

- Wiggle the toes of the operated foot every hour while awake
- Move the opposite leg and ankle frequently
- Stay well hydrated

- Take any prescribed blood thinner exactly as directed

Returning to Activity

- Transition to a supportive athletic shoe when cleared (usually 4–6 weeks)
- Begin gentle stretching only when directed at your follow-up
- Return to running, sports, or high-impact activity typically after 3 months

Call our office immediately if you have:

- Calf pain, swelling, redness, or warmth (possible blood clot)
- Shortness of breath or chest pain (call 911)
- Fever over 101°F or chills
- Foul-smelling drainage or soak-through bleeding
- Numbness, blue toes, or severe uncontrolled pain

Follow-up

- First post-op visit is typically 10–14 days after surgery
- Stretching and strengthening protocols begin once the incision is healed
- Call 662-449-3663 with any questions