

Cheilectomy/Moberg Osteotomy

2 week post-op visit:

- bandage/suture removal
- remain weight bearing in post-op shoe
- PT for aggressive range of motion

6 week post-op visit:

- x-rays (weight bearing)
- transition out of post-op shoe into sneaker
- Continue PT as needed
- may progress to light exercise activity as pain allows (stationary bike, elliptical, swimming)

12 week post-op visit:

- x-rays (weight bearing)
- advance to all activities as tolerated
- f/u as needed

Other Notes:

- Driving: You may drive short distances once off of narcotics for pain
- Flying: No flying for 2 weeks due to risk of wound complications

For more information:

- www.aofas.org: "Foot Care MD"
- www.footeducation.com
- www.footandanklenewyork.com
- <https://shop-recovery.net/Ellis> (to purchase medical equipment approved by Dr Ellis)