

Lapidus Bunionectomy

2 week post-op visit:

- splint/suture removal
- boot placement
- x-rays (simulated weight-bearing)
- begin PT
- progress from partial weight to full weight in walking boot over 4 weeks
- Driving
 - Left foot: beginning now
 - Right foot: When fully weight-bearing in boot (post-op week #6)
- Flying:
 - When fully weight-bearing in boot (post-op week #6)

6 week post-op visit:

- x-rays (weight-bearing)
- continue PT
- transition to sneaker over 2 weeks
- advance to non-impact activities as tolerated (walking, stationary bike)

3 month post-op visit:

- x-rays (weight-bearing) and WB CT scan.
- advance to further activities (light jog by 4 months, running by 5 months)
- follow-up as needed

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)