Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

TYPE 3 TIMELINE
Post-Operative Protocol

Day of Surgery

- You will be in a splint, non-weight bearing
- You will need crutches, knee scooter, or walker
- No driving
- Cover the foot for showering

Week 1

- Office visit with the cast team for application of a cast
- Non weight bearing in a splint or cast
- Elevate for swelling
- Use crutches, knee scooter, or walker

Week 3

- Dr. Wolf visit for x-ray and assessment of early healing
- Likely transition into a removable boot
- Continue non-weight bearing
- Showering OK

Weeks 6-8

- You may begin weight bearing
- May not be comfortable full weight bearing right away
- May return to driving
- May begin physical therapy

Week 12

- Bony work should be healed
- Swelling continues to slowly diminish
- Recreational walking begins
- Patients first begin to believe this may actually work...

Months 3-6

- Gradual return to normal activities
- Return to normal shoe wear from 3-6 months
- people feel pretty well about 3-4 months after
- Improvements will continue for up to a year

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THINGS TO KNOW

1. You must be a fanatic about non-weight bearing for 6-8 weeks
2. The transition to weight bearing takes 6-12 weeks
3. You will remain swollen for a long time
4. OAH will be happy to provide out of work documentation for your employer
5. Most patients take a year to fully recover
6. Return to driving after right side surgery can take 6 weeks!
7. A preoperative mobility assessment with physical therapy is very helpful.