



Great toe joint fusion/arthrodesis

Note: Recoveries can differ from patient to patient based on multiple factors. The guidelines below are a general idea of what the average recovery will be.

- Weeks 1-2 (xrays taken) – NWB in posterior splint – ice behind knee, elevate, minimal activities except eating, using restroom
- Week 2 sutures come out (usually) – transition to walking boot – FWB as tolerated
- Weeks 2-6 – FWB in boot as tolerated
- Weeks 6-8 (x-rays taken) -- transition to sneaker as tolerated

NOTES:

We will check vitamin D levels at time of surgery and optimize – 50-65 ideal range.

Control edema with compression socks and elevation

Use Vitamin E oil, Mederma etc to work on incision healing