

## Physiotherapy advice following the cast removal after a bunionectomy

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### What is a bunionectomy?

The surgical procedure performed to remove bunions; a growth, or enlargement at the base of the big toe. Bunions push the bones in the big toe out of line, causing the toe to curve inward toward the others.

Following a bunionectomy it is important that you follow the below advice to aid recovery and reduce the risk of complications.

### Elevation

It is very important to keep the affected foot elevated above hip level as much as possible for the first two weeks to help reduce swelling.

### Exercises

It is important to start moving your ankle and foot straight after the cast has been removed to prevent the joints becoming stiff.

#### Exercise 1

In sitting or lying. Pull your foot up towards you and push down towards the floor.  
Repeat 10 times.



#### Exercise 2

In sitting or lying. Rotate your ankle.  
Repeat 10 times.



#### Exercise 3

In sitting or lying. Curl and straighten your toes.  
Repeat 10 times.

**Repeat the exercises little and often throughout the day.**

## Additional information

Ensure that your pain is controlled with sufficient pain relief, as prescribed by your doctor.

If you have had a wire removed from your toe, do **NOT** immerse your foot in water until it has healed. If the wounds have not healed, then the area must be kept dry.

**Returning to work:** This depends on individual circumstances and your type of employment. If you have a sedentary type of employment and you are able to elevate your operated foot then you may return to work from two weeks following your surgery, but it may take up to three months for someone to return to a physically demanding job.

## Further information

If you have any questions or concerns, please contact the Physiotherapy Department at North Devon District Hospital on 01271 322378.

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### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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