

Checklist for Bunion Surgery

BEFORE SURGERY	1 Week to Six Months	1 Week to 30 Days	2 to 10 Days	1 to 5 Days	8 Hours	4 Hours
	EKG	History & Physical	Blood and Lab Work	Consent Visit With Dr Moy and Dr Lee	NO Food (Clear Liquid ok)	NO More Liquids
Date when completed						
		Medical Clearance				
AFTER SURGERY	First 24 Hours	2nd, 3rd & 4th Day	1st Post Op (3rd or 4th Day)	10-14 Days	4 Weeks	6 Weeks
	Ice 20 Min/Hour	Ice 20 Min/Hour	Walking Boot	Suture Removal	X-Ray	X-Ray
	Elevate	Elevate	X-Ray		Cast for Orthotics	
	Cut Bandage at Purple Line	Only Walk 5-10 min/hour	Begin Toe Exercises	Increase walking in boot. (See instructions)		