

STARTING TO WALK

- Your foot is going to be swollen and not fit in to many of your shoes. You may need to buy an inexpensive pair of shoes ½ or 1 whole size larger to wear for a few weeks until the swelling goes down.
- You will have aches and pains all around the toes, heel and top of the foot. This is normal and goes away with regular even walking
- Your foot will change colors for the first few months as the nerves get used to you walking again
- Your incisions will be numb
- Your incisions may break open if you get sun on them in the first month after you come out of the cast. Please do not expose your incisions to sunlight until a full month has passed that you have been out of the cast
- Do not submerge any incisions that have scabs. While you have scabs, you may shower, but not soak your foot in a pool, hot tub, ocean or Epsom salts.
- You will get intermittent electric shocks, hot, cold and unexplained “nerve” sensations for the first month of walking. Do not be alarmed, this is normal and just represents the nerves getting used to your return to walking
- Do not limp, it will make your pain worse
- For the first few days of starting to walk, you may need to take some pain medications. Try to get pain relief with Tylenol or motrin or ibuprofen. If that does not work, you may take a few of the pills left over from your surgery
- Remember that ice and elevation are your friend. You may ice and elevate in the evenings if your foot is sore. Do not be alarmed, this is common in the first few weeks of walking