

## Rearfoot/Ankle Surgery

### What does rearfoot surgery do?

- There are a wide variety of rearfoot surgeries we perform. Mainly they are done to repair or realign any deformities in the rearfoot or ankle for problems like flatfeet, bone spurs, ankle sprains, tendon tears or arthritis.

### How is the surgery done?

- The surgery can usually be done as day surgery but more extensive surgeries may require one night stay in the hospital.
- Most likely you will receive general anesthesia. A lot of time a local anesthetic is given behind the knee prior to your surgery. This will help manage your post op pain.
- Depending on the surgery depends on the location and length of your incision. Most rearfoot surgeries require some use of deep suture or implantable devices (metal screws or plates)

### What should I expect after the surgery?

- Weeks 1-2 you will be expected to ice and keep the foot elevated. You will be taking pain medication as prescribed. Minimal activity is allowed the first couple weeks. For the first 6 weeks you will be in either a cast or removable boot. Keep your dressing clean and dry.
- Week 2 your sutures will be removed.
- **YOU WILL NOT BE ALLOWED TO WALK ON YOUR FOOT FOR AT LEAST 6 WEEKS.**
- Week 6 pending x-rays you may be allowed to bear weight in a walking boot. PT will likely be started at this time.
- Week 8 you can progress to walking in a supportive sneaker.
- Week 10-12 increased activity as tolerated.
- Aching and swelling are common for up to 12 months after the procedure.

