



McCallister Foot & Ankle  
29099 Health Campus Dr. Suite 290  
Westlake, OH 44145  
(440) 243-6660

### **Hammertoe Post-Operative Care (In Office)**

- Keep current dressing intact until follow up in office. If dressing becomes wet or damaged, call the office for further instruction.
- Remain partial weight bearing to heel only until cleared by Dr. McCallister.
- Utilize RICE therapy (Rest, Ice, Compression, and Elevation) to help control pain and swelling. Ice behind ankle for best results.
- Sutures are typically removed in 1-2 weeks, barring any complications.
- Take OTC pain medication as recommended.
- If any signs of infection present (ie: redness streaking up the foot, pus, etc), call the office immediately.



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### **Hammertoe Post-Operative Care (In Operating Room)**

- Keep current dressing intact until follow up in office. If dressing becomes wet or damaged, call the office for further instruction.
- Remain non-weight bearing to operative foot until cleared by Dr. McCallister.
- Utilize RICE therapy (Rest, Ice, Compression, and Elevation) to help control pain and swelling. If dressing is covering ankle, ice behind knee.
- A walking boot will be dispensed 1-2 weeks after surgery, at which time, you will be able to start partial weight bearing to the heel only.
- Sutures are typically removed in 2-3 weeks, barring any complications.
- Pins (if applicable) are typically removed 6 weeks after date of surgery.
- Use crutches/walker/knee scooter for ambulation.
- Take pain medication as prescribed. Do NOT mix prescription pain medications. If needed, Ibuprofen can be used between prescription pain medication doses, unless otherwise indicated.
- If any signs of infection present (ie: redness streaking up the foot, pus, etc), call the office immediately.