

What to Expect After Having a Chevron Osteotomy

For patients of Dr. Lau

What is a chevron osteotomy?

A chevron osteotomy is a surgery that makes two wedge-shape cuts in the bone of your big toe to straighten it.

Why do I need this surgery?

You have a bunion (bony bump on the side of your big toe). We do this surgery to straighten the toe back to a normal position.

What to expect after the surgery

On the day of your surgery:

Your foot is wrapped in a bandage and you wear a surgical shoe (special shoe that protects the foot). Do not change the bandage or take off the surgical shoe, even at night. Expect your foot to be numb for 12 to 24 hours after the surgery.

To manage pain:

- Prop up your foot when you are sitting or lying down by putting pillows under your foot. This lessens swelling.
- Take pain medications as you need.

When to call surgeon:

Call Dr. Lau's office at 416 603 6292 right away if:

- your wound is still bleeding the day after surgery
- your foot feels numb or tingling the day after surgery
- your toes change colour (purple, white, or spotted) at any time

On the day after surgery:

You can start walking on the outside or heel of the foot while wearing your surgical shoe. Do not take off the surgical shoe.

Keep propping up your foot and taking pain medications as you need to manage your pain.

2 weeks after surgery:

You have a follow-up appointment in Fracture Clinic at Toronto Western.

- We take new x-rays to check on your recovery.
- We remove the bandage and sutures (stitches).

Start using a toe spacer between your big toe and second toe. Continue to put weight only on the outside or heel of the foot. Keep wearing your surgical shoe.

6 weeks after surgery:

You have a follow-up appointment at Dr. Lau's office at Toronto Western.

- We take new x-rays to check on your recovery.

Continue toe strapping or wear a toe spacer between your big toe and second toe. You can start putting weight on your big toe and wearing regular shoes (sneakers) as pain permits.

What side effects can I expect?

You will have moderate pain for 3 to 4 weeks.

Your toe may be swollen for 6 to 12 months after surgery. It may feel throbbing, achy and uncomfortable at the end of the day. This is normal and gets better over time.

For more information:

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