

# What to Expect After Having a Lapidus Procedure

For patients of Dr. Lau

## What is a lapidus procedure?

A lapidus procedure is a surgery to fuse or glue a joint in the middle of your foot together

## 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 crooked toe (bunion) 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.

**Important:** Do not put any weight on your foot. Use crutches, a walker or knee scooter to move around.

### 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

### 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 wearing a toe spacer between your big toe and second toe.

Keep wearing your surgical shoe. Do not put any weight on your foot. Use crutches, a walker or knee scooter to move around.

### **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.

You can start walking on the outside or heel of the foot while wearing your surgical shoe. Continue to wear a toe spacer between your big toe and second toe.

### **8 to 10 weeks after surgery:**

You can wear regular shoes (sneakers) as pain permits.

Continue toe strapping or wearing a toe spacer as you need. Some patients continue for 3 months after surgery.

## **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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