

What to Expect After Having Pes Planus (Flat Foot) Reconstruction Surgery

For patients of Dr. Lau

Why do I need this surgery?

Your posterior tibial tendon (strong band of tissue that connects to the bones on the inside of your foot and supports the arch of your foot) is torn or stretched and has caused your arch to collapse. We do this surgery to replace the tendon and straighten the foot.

What to expect after the surgery

On the day of your surgery:

Your foot is wrapped in a bandage and you wear a splint (soft cast). Do not change the bandage. 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 remove the bandage and sutures (stitches).
- We put a cast or removable cast boot on the foot.

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

6 weeks after surgery:

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

- We remove the cast.
- We put on a fracture boot (special boot that keeps your ankle safe and comfortable).
- You start physiotherapy to build strength and flexibility in your foot and ankle.
Do not move your foot side to side.

You can start walking on the foot while wearing your fracture boot as pain permits.

Walk normally without wearing the fracture boot for a few minutes at a time. Slowly walk for longer as pain permits.

8 to 10 weeks after surgery:

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

We may give you a special ankle brace to use instead of your fracture boot. You use the ankle brace for 4 weeks or longer.

What side effects can I expect?

Your ankle 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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