



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC  
PARK CITY • HEBER CITY • SALT LAKE CITY

### **Curly Toes: Post-op Instructions**

1. Your child will come out of surgery with a soft bandage around the foot/toe(s). Please keep this dressing in place for 3 days.
2. The wounds can get wet after 3 days, and your child can shower at this time. No soaking in a pool, hot tub, bathtub for 2 weeks!
3. The incisions may be left open to the air once removed.
4. Please have your child use a wide soled shoe, or the post-op shoe, for walking. Please use the shoe for approximately 2 weeks after surgery, or until swelling has resolved, and he/she can fit into regular shoes.
5. No running, jumping, sports, etc. until the wounds are healed (approx. 2 weeks).
6. The stitches are brown and they are dissolvable. They will fall out on their own.
7. Pain control following surgery:
  - a. RICE therapy is always advocated:
    - i. Rest
    - ii. Ice – every 20 min or so
    - iii. Compression – to decrease swelling.
    - iv. Elevate – if possible, above or to the level of your heart
  - b. Pain control:
    - i. Ibuprofen is recommended to be taken every 6 hours, and Tylenol every 4 hours, unless there is a specific reason not to take this medication.
    - ii. Narcotics should not be necessary following this surgery.