



## Activity Guidelines

### First 72 Hours

- ✓ Non-weight bearing/offloading boot
- ✓ Rest and limited activity
- ✓ Keep feet elevated

### Day 4-7

- ✓ Continue utilizing offloading boot
- ✓ Begin light walking
- ✓ Avoid high impact activity

### Weeks 2+

- ✓ Gradually increase activities
- ✓ Advance out of offloading boot into supportive shoe gear as tolerated

### Week 4

- ✓ Can return to high impact activities as tolerated

# Post Procedure Protocol

## What to expect after the procedure

- Mild swelling, bruising, or tenderness
- A feeling of fullness or pressure
- Temporary altered sensation or stiffness

## Pain and Swelling Management

- Rest, Ice and Elevation
- Over-the-counter pain relievers like Tylenol
- Avoid NSAIDS for the first 1-2 weeks