

**THE DEPARTMENT OF FOOT AND ANKLE SURGERY
POST-OP SHOE INSTRUCTIONS**

You are being placed into a post-op shoe. They are not the most attractive of shoes but they do serve a purpose.

You will notice that the sole of the post-op shoe is very rigid and will not flex. This keeps your foot from flexing, your toes from flexing, etc. You will feel that you need to walk flat footed, try to roll from heel to toe, it usually feels more comfortable.

The straps should be tightened until firm but comfortable. Make sure that your foot doesn't slip around in the shoe and that the fit is comfortable. It is okay to wear a sock or stocking.

Make sure to wear the shoe for the prescribed time or until the doctor tells you to discontinue its use.