



## Subtalar Arthrodesis (Fusion)

### Post-Surgical Guidelines

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<b>Week 2 Post-op</b>	Follow up with the MD. Structures are removed, x-rays obtained and a new cast applied.
<b>Week 6 Post-op</b>	Follow up with the MD. Cast removed and x-rays taken. Walking boot usually applied. Knee high TEDS compression stocking prescribed. Start formal PT.
<b>Week 12 Post-op</b>	Follow-up with MD. X-rays taken and fusion evaluated. If healed transition to supportive shoe wear, orthotics, and physical therapy.
<b>Month 6 Post-op</b>	Follow up with x-rays and evaluation with anticipated discharge from service.

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