



Post-Operative Bunion Taping

1. Start toward the inside of the foot starting just below the bend of the ankle
2. Wrap gauze around foot overlapping by $\frac{1}{2}$ each time
3. When you reach the toes, wrap on the outside then around the big toe.
4. Pull tension so the big toe becomes straight and continue around foot
5. Repeat step 4
6. Secure gauze to foot with clear tape
7. Start tape going toward the inside of the foot following the gauze and overlapping by $\frac{1}{2}$. To ensure the tape is not too tight, pull it away from the foot or place your finger on the foot then continue to lay the tape down
8. When you reach the toes, follow the gauze and tape around the big toe.
9. Pull tension ensure toe is straight.
10. Continue around the foot.
11. Repeat Step 8



1



2



3



4



5



6



7



8



9



10



11