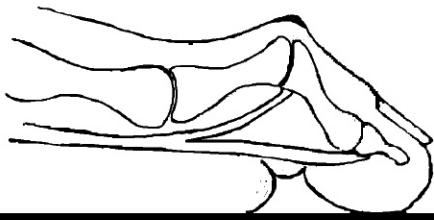
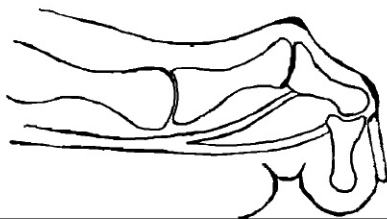
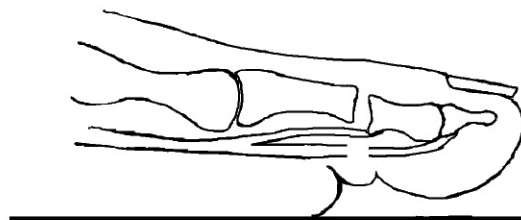


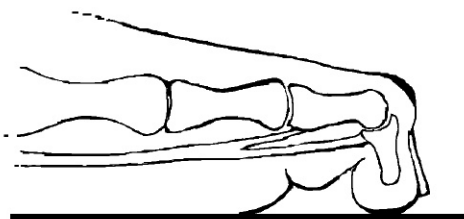
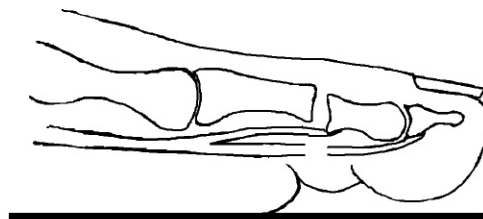
Birmingham Foot Clinic Advice Guide Lesser Toe Arthroplasty / Arthrodesis / Arthroplasty



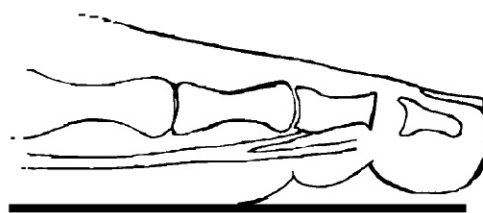
Hammer toe



Claw toe



Mallet toe



About Your Operation

The problem toe will be dealt with by removing a section of joint in order to reduce the prominence.

The toe will be repaired in a realigned position. The toe may not be completely straight but will be improved. The toe may remain slightly swollen for some months after the operation.

Arthrodesis



When the toe is very unstable, the problem toe will be dealt with by removing both sections of joint in order to allow the toe to straighten, and reduce the prominence. The toe will be repaired in a realigned position. The toe may not be completely straight but will be improved. If a pin is used, the pin is usually removed one month after the operation or sooner if it loosens or causes a problem. The toe may remain slightly swollen for some months after the operation.

Problems / Risks Associated with Lesser Toe Surgery

- Thickened scar and/ or tender scar - may reduce over 12 months
- Areas of numbness - may reduce over 12 months
- Infection (sudden increase in pain and swelling at 2 to 3 days after surgery - or later)
- Arthrodesis fixation problems: pin may become loose / need to be removed early - poor fusion
- Recurrence of the deformity
- Toe may not touch the ground

On the day of surgery

On the day of surgery you may eat and drink as normal unless you are being sedated or having a general anaesthetic (follow anaesthetic advice sheet). It is essential that you are accompanied and have made arrangements for transport home, this should not be public transport. Following the surgery, for a typical period of 2 to 3 weeks, you will not be able to drive, as your insurance will be invalid.

Arthroplasties are usually carried out under a local anaesthetic. With a local anaesthetic you will not be asleep, however you will feel no pain during the operation due to the pain blocking properties of the local anaesthetic given.

Discomfort will only be experienced when the local anaesthetic injections are given, which feel the same as most other injections you may have received in the past. A good comparison is a dental anaesthetic for a filling.

The operation lasts about 30 - 40 minutes in total. You can bring a book or a music cassette or CD if you wish, to help you relax and feel comfortable during the procedure.

What is an arthroplasty?

An arthroplasty is an operation that is often used to straighten toes. The toes adopt abnormal positions for many reasons, however the result of deformity is often painful callus or corns on the top or apex of the toe. An arthroplasty is an operation that removes part of a joint in the toe, forming a new fibrous joint.

A common post operative feature of an arthroplasty is that the toe is shorter than it was before the operation, however this is a normal outcome and often advantageous.

Problems

Following the advice given to you will greatly reduce the risk of a problem. If you are however concerned about anything before or after your surgery you can speak to a member of the team directly on Tel: 07970 740 522. If your call is an emergency and you are unable to get through, you may also contact your GP who will be aware of the surgery you will have had.

Self care

For the first 3 days you will need to take pain relieving tablets (analgesics) as prescribed or advised. It also helps during the first 8 hours to place a bag of frozen peas, rapped in a towel across you ankle for 10 minutes per hour. Walking in the first 48 hours should be limited to essentials only e.g. going to bed or the toilet, and for the first week should be limited to indoors only. Stitches are usually removed at 2 to 3 weeks after the operation. From this point you can wear normal footwear, however it is strongly advised that you wear a training shoe or similar for 2 months after the operation to help in the healing process.

You may experience swelling and unusually sensations in the toe for some period (up to 6 months) following the surgery, however these this will gradually subside.

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