

# CURLY TOE SURGERY



## SURGERY INFORMATION



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## THE SURGERY

The surgery is usually a day case procedure. Under an anaesthetic, an incision is made under the toe/toes. The tendon is cut. The toe is now able to be straightened and will be taped to the neighbouring toe for 3 -4 weeks. The toe is numbed with local anaesthetic for pain relief.



Picture of a curly toe

## THE HOSPITAL STAY

- Your child will wake up with dressings on their 2 toes
- The toe will be numb
- Your child can wear a slipper to go home or can be provided with a boot as the dressings may stop them from being able to wear normal shoes

## WHEN YOU GO HOME

- Your child may need panadol before bed that night as the local anaesthetic will wear off
- Please leave the dressings in tact for as long as possible; dressings can often last for 4 weeks
- You can debulk the dressings in 48 hours and keep the sticky dressings intact
- If the dressings get wet or fall off, please continue to tape the 2 toes together. The post op dressing may have blood on them which is normal. Please contact Dr Graff who will organise an earlier appointment.
- You will need to attend your **post op appointment** in 3-4 weeks where the wounds will be checked

## REHABILITATION

**All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.**



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<b>0-4 weeks</b>	<ul style="list-style-type: none"><li>• Your child will be in a slipper or boot for walking; you can remove it for sleeping</li><li>• <b>Pain relief:</b> please give your child paracetamol before bed on the night of the surgery as the local anaesthetic will wear off</li><li>• Please keep the dressings intact if possible; bag for showers or sponge bath</li></ul>
<b>4 weeks</b>	<ul style="list-style-type: none"><li>• <b>Post op appointment</b> for a wound review</li><li>• The sutures will be left in, and often fall out over several weeks</li><li>• Your child can wear normal shoes and get back to normal activities</li></ul>

## WHEN CAN MY CHILD RETURN TO SCHOOL/CHILDCARE?

- Your child can go back to their normal school/childcare when they feel comfortable, which is usually within 2-3 days

## WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Recurrence
- Infection
- Ongoing pain/swelling
- The need for further surgery

## CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on [admin@christygraff.com](mailto:admin@christygraff.com) or please call the rooms on **0493 461 133**