

HALLUX RIGIDUS SURGERY



SURGERY INFORMATION



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THE SURGERY

- The surgery involves an incision on the inside of the big toe and foot
- Any remaining cartilage is removed from the joint so that the bone can grow into the bone to become like one bone
- The bones are put into the correct position and held with a plate and crews
- Sometimes the lesser toes (toes 2-5) may need a procedures as well



Post operative xray of hallux rigidus surgery

THE HOSPITAL STAY

- You will wake up with a **Darco Shoe**;
- Your foot will be elevated overnight, and you have **antibiotics through a drip**
- You can walk on your foot the same day, but just for necessary things like going to the toilet, unless you have diabetes
- If you have diabetes, bone healing takes much longer; you will need to non weight bear for 6 weeks
- You will need to take **blood thinning medication** to prevent DVT and **vitamin C** to help with pain and wound healing
- You will likely be in **hospital overnight**

WHEN YOU GO HOME

- You will need **medications** for pain relief; regular paracetamol (2 tablets four times a day) is recommended, as well as strong pain killers, especially at night before bed. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- You will need to take **blood thinners and vitamin C** 1g daily as prescribed
- You will need a shower chair and bags to keep the dressings dry for the first 2-3 weeks
- You will need to wear the **Darco Shoe** for walking but can remove for sleeping
- You will need to attend your **post op appointment** in 2-3 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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0-3 weeks	• Darco shoe for necessary walking; you can remove it for sleeping, resting and showering • You will need to bag the foot for 2 weeks and keep the dressings in tact • Pain relief: Please take regular paracetamol with meals and before bed; stronger pain killers are often needed, especially before bed • Please take blood thinners and vitamin C as prescribed
2-3 weeks	• Post op appointment for wound review • After this, showering is allowed (you may benefit from a shower chair) • You will need to continue walking with the Darco Shoe
6 weeks	• Return to normal shoe wear and get back to normal activities if swelling allows • Swelling may persist for up to 6 months
3 months	• You may be feeling more 'yourself' you can continue to have swelling for several more months • The final results of surgery are felt 6-12 months post operatively

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Blood clots
- Infection
- Ongoing pain/swelling
- Chronic Regional Pain Syndrome
- Nonunion (the bones do not heal)
- Malunion (the bones heal in the wrong position)
- 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 or please call the rooms on **0493 461 133**

WHEN CAN I DRIVE?

- Left foot: 2-3 weeks (if driving an automatic car)
- Right foot: 6 weeks

WHEN CAN I RETURN TO WORK?

- Seated work at 3-6 weeks
- Prolonged standing 12 weeks
- Heavy labour work 4-6 months