

LESSER TOE CORRECTION SURGERY



SURGERY INFORMATION



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THE SURGERY

The surgery (if performed without other procedures) is usually a day case procedure. Under an anaesthetic, an incision is made over the affected toe on the top of the foot. A tourniquet is used to limit bleeding. The tendon is exposed and often lengthened. The bone is shortened and fused (created to be a block of bone rather than a joint) with a screw or wire.

The long bone of the toe (the metatarsal) is often shortened as well and 'reshaped' with a screw

Associated operations may include:

- Bunion correction (see **Minimally Invasive Bunion Surgery** and **Hallux Rigidus Surgery**)
- Excision of Morton's neuroma (see **Morton's Neuroma Excision Surgery**)

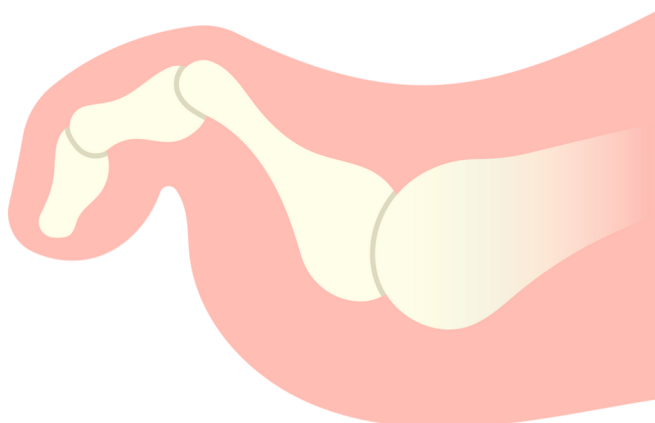


Diagram illustrating a lesser toe deformity

THE HOSPITAL STAY

- You will wake up with a **Darco Shoe**; depending on the type of surgery, you may also have a wire out of the tip of the affected toe with a small ball on it
- You will be able to walk in the darco shoe
- You will be able to go home the same day, depending on how many toes have been operated and other procedures
- You will need to take **blood thinning medication** to prevent DVT and **vitamin C** to help with pain and wound healing

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** 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. These time frames are for one toe surgery only.

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0-3 weeks	- You will be in a darco shoe for walking; you can remove it for sleeping, resting and showering - You will need to bag the foot for 2-3 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 to check wounds - Showering is then allowed, even if the wire is still in - You will need to continue walking with the Darco Shoe
4-6 weeks	- If you have a wire, this will be removed in the clinic; please take pain killers an hour before your appointment - You can wear normal shoe wear and get back to normal activities - Swelling may persist for up to 6 months
3 months	Depending on how many toes have been operated on and other procedures, normal walking in supportive shoes can commence

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Early wire pull out
- Nerve/vessel/tendon injury
- Blood clots
- Infection
- Ongoing pain/swelling
- Chronic Regional Pain Syndrome
- The bones do not heal properly (non union)
- The bones heal in the wrong position (malunion)
- The need for further surgery
- Loss of the toe

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 2-4 weeks
- Prolonged standing 6 weeks
- Heavy labour work 6 weeks in supportive lace up boots

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