

Small Toe Surgery

There are several operations that are performed to correct small toe deformities. The choice of operation will depend on several factors but will be the one most suitable to treat your particular problem.

Surgery is usually performed under general anaesthetic as a day case.

Risks

All surgery carries potential risks. The risks are minimised by having the surgery meticulously performed by an expert in foot and ankle surgery. Risks include

Pain, swelling, and bruising - will occur to some degree following all foot and ankle surgery

Infection - approximately 2% in our unit

Blood clots (thrombosis) - treatment to reduce this risk will be provided if required

Numbness - usually improves over time

Stiffness - this improves over time and helped by physiotherapy

Scar sensitivity - can be improved with scar massage

Discharge advice following small toe surgery

Dressings

Your foot has been dressed with a wool and crepe bandage. This dressing should not be changed until you are seen at your first follow-up appointment after 2 weeks. The dressing must be kept clean and dry.

Elevation

It is very important that you rest as much as possible and keep your foot elevated for the first 48 hours after surgery. Try to avoid letting it hang down when sitting as this will lead to swelling and pain. This is most apparent within the first 2 weeks but swelling may occur for up to 6 months after surgery, especially after sitting or standing for long periods. In bed, put the foot on a pillow.

Analgesia

You will receive a prescription for pain medication on discharge. Pain is often due to swelling, and this is eased by rest and elevation of the foot.

Walking

A special shoe has been supplied for you to wear over your dressings which should be worn over your dressings which should be worn during the day. A physiotherapist will show you how to use crutches and apply the shoe. It is necessary for you to initially walk by taking the weight on your heel so that you don't put pressure on the toes. It is not necessary to wear this shoe in bed.

Follow-up

You will be seen after approximately 2 weeks when the dressings and stitches will be removed. The foot is often slightly swollen at this stage and so a comfortable pair of loose fitting shoes or trainers will need to be worn and should be brought to the clinic.

Driving

This depends on the particular operation that you have had and your surgeon will advise you about this. If you have an automatic car and have only had the left foot operated upon then you may drive after 2-3 days.

Work

It may be possible for you to return after 2 weeks however it is more advisable to return after 6 weeks again this depends on the particular operation that you have had and your surgeon will advise you about this.

Recovery

It often takes 6 months for all swelling to resolve and so minor swelling late in the day is not unusual and should not be a cause for concern.

For more information please contact us:

info@bfaclinic.co.uk
or visit www.bfaclinic.co.uk