

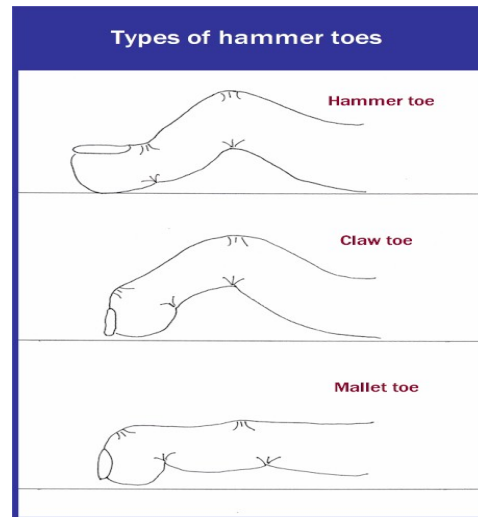
Toe Surgery

Toe Surgery

Toes are important in gripping the ground and therefore aiding our balance. Their ability to remain straight and stable creates an extended lever from the foot to propel us forward.

What causes them to deform?

Tightness of tendons and muscles cause the toes to deform. The toes may either be rigid or flexible depending on whether the deformity has been maintained for an extended time. Not only can the toes become deformed but the nail can also become thickened and deformed



Indications for Surgery

- Pain
- Difficulty fitting shoes.
- Crowding of the small toes leading to deformity and painful

corns and calluses.

- Failure of conservative treatment such as padding, orthotics and

changing your footwear

- Not only are deformed toes unsightly but they also can effect your balance, lead to

Surgical Risks

- Infection,
- Scar problems
- Loss of sensation
- Post operative swelling
- Failure of the operation
- Blood clots
- Anaesthetic problems
- Heart attack/angina
- Death
- Chronic pain and swelling

Alternatives

- Manage your symptoms by altering activity levels,
- Use painkillers,
- Change to deeper and broader footwear
- The use of orthotics will not correct your deformity but may ease the pain

Surgery

Time: 15-30 minutes

Incision placement: Normally on the top of the affected toe over the joint, however in some circumstances the incision can be placed on the side so it is unseen from above.

Stitches: Dissolvable stitches are used where possible

Wires: Wires and dissolvable pins are sometimes used but it depends on the severity of the problem.

You walk in and out of the day surgery centre and can normally go back to work in one to two weeks

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