

HALLUX RIGIDUS CHEILECTOMY

Information: Hallux rigidus is arthritis of the big toe joint and can be treated without surgery. If you decide to have surgery, then the joint is cleaned out and the bone spurs are removed with a saw. Patients may have other deformities and/or painful conditions (e.g., hammertoes, bunionettes, metatarsalgia (foot pain/overload), crossover toes, etc.) that may be fixed at the same time. Risks of surgery include, but are not limited to, infection, wound healing issues, scarring, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, recurrence, other deformity, need for future surgery, and/or perhaps a condition you may feel is worse or not much better from your preoperative status. Depending on your job, most patients can return to work in several days or 1 – 2 weeks in their special shoe.

On the Day of Surgery: The scheduling team will call you with your arrival time one day prior to your surgery. Once you arrive at the facility, the staff will direct you where to go. I will meet you in the preoperative holding area where we can discuss any remaining questions that you have and review the surgical plan. You and the anesthesiologist will determine the type of anesthesia that is best for you. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will then be brought to the operating room.

After Surgery: I will discuss the details of the surgery with your guest and review the postoperative plan. You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You may weight bear as tolerated in the postoperative shoe given to you. You will be sent home on pain medicine with the hope that you can discontinue it as quick as possible.

Anticipated Postoperative Course:

Time Postoperatively	Description
0 – 2 Weeks	Elevation above the heart is <i>EXTREMELY</i> important during this period. Weightbearing as tolerated in the postoperative shoe. Do not get the dressing wet.
10 – 14 Days	Appointment with Dr. Boden. Anticipate suture removal. If swelling allows, you may transition to a normal shoe.
2 – 6 Weeks	Plan to advance motion of the big toe so it does not get stiff. You may advance your activities as your symptoms allow. You may transition to a comfortable shoe as soon as your symptoms allow.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.

6 Weeks	Follow-up appointment with Dr. Boden to monitor progress. X-rays will be taken at this visit. At this point, you should be into a comfortable sneaker.
6 – 12 Weeks	Continue to advance activities. Gradual return to full activity as symptoms allow.
3 Months	Follow-up appointment with Dr. Boden to monitor progress.
3 – 6 Months	You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. Swelling is the last issue to resolve and can take 6 – 12 months for any foot surgery. You will notice that your big toe remains somewhat stiff, but this is normal.
6 Months	If there are no issues, this is your final follow-up appointment with Dr. Boden. I’m happy to see you at any time postoperatively if there are any issues or you have any concerns. <i>Thank you for the opportunity to take care of you!</i>

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