

## TOE DEFORMITY / HAMMERTOES

**Information:** Hammertoes or other deformities of the toes may be treated without surgery. If you decide to have surgery, then the deformity has to be corrected. In many cases, deformity correction is performed by fusing a joint or joint(s) in the toe so that the toe is straight. Soft tissues around the toe are released and/or tightened as necessary to correct the deformity. Metal is placed into the bone to hold the fusion in the appropriate alignment while the bone heals. Often, patients have other deformities and/or painful conditions that may contribute to the toe deformity and may be fixed at the same (e.g. bunions, bunionettes, crossover toes, metatarsalgia/foot overload, etc.). Risks of surgery include, but are not limited to, infection, wound healing issues, scar formation, swelling, stiffness, pain, numbness, bone healing problems (nonunion/malunion), injury to vessels, floating toe deformity, recurrence, additional deformities, need for future surgery, and/or perhaps a condition you may feel is worse or not much better from your preoperative status. Most patients can drive, and depending on their job, most patients can return to work fairly soon after surgery in a postoperative 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 are allowed to weight bear on your heel only in a postoperative shoe. It is important that you do not remove your dressing. 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	Heel weightbearing ONLY in a postoperative shoe. Elevation above the heart is <i>EXTREMELY</i> important during this period.
10 – 14 Days	Appointment with Dr. Boden. Anticipate suture/staple removal. X-rays may be taken at this visit. You may advance your weightbearing to weightbearing as tolerated in the postoperative shoe. We will teach you to tape or splint the toe to decrease the chance of a floating toe deformity.

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

<b>2 – 6 Weeks</b>	You may transition to full weightbearing in the postoperative shoe. You should plan to perform daily taping or splinting of the toe to decrease the likelihood of a floating toe deformity.
<b>6 Weeks</b>	Follow-up appointment with Dr. Boden to monitor progress. X-rays may be taken at this visit. You will transition out of your postoperative shoe into sneakers or other shoes as your swelling allows. You may discontinue taping/splinting the toe. You can continue to advance your activities at this time.
<b>6 – 8 Weeks</b>	Gradually transition into normal footwear. You no longer need to tape or splint the toe. Low impact activities only during this period of time.
<b>8 – 12 Weeks</b>	You may begin to advance your activities and return to some sense of normal.
<b>3 Months</b>	If there are no issues, this is your final follow-up appointment with Dr. Boden. 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 be 6 – 12 months for any foot surgery. You may notice that your toe is stiff, and this is normal. 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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