

TOPIC		Hammer – Claw Toe	
PROCEDURE		IP JOINT ARTHROPLASTY	
<b>AIMS OF SURGERY</b>	<p>To reduce pain and deformity.          To straighten the toe          To reduce callous / corn formation</p>		
<b>ADVANTAGES OF THIS OPERATION</b>	<p>Maintains some mobility in toe</p>		
<b>SPECIFIC RISKS OF THIS OPERATION</b>	<p>Recurrence of the deformity          Toe may not touch the ground (floating toe)          Increased prominence of adjacent toes          Pain around surgery site (3.39%)</p>		<p>Pins (where used) may become loose -necessitating early removal – impairing result          Long term swelling of toe(2.82%)          malalignment</p>

OVERVIEW	
<b>Operation time</b>	Usually between 15 – 30 minutes
<b>Incision placement / stitches</b>	Usually on top of the toe and with absorbable or standard stitches
<b>Procedure</b>	A small piece of bone is removed from the small joint in the middle of your toe. If necessary, the joint at the base of the toe may be released and the tendon lengthened.
<b>Fixation</b>	A wire may be used to stabilise the toe whilst it is healing and is generally left sticking out of the end of the toe. This will need to be removed in clinic.
<b>Will I have plaster?</b>	No
<b>Is this a Day Procedure?</b>	Yes, you can usually go home the same day (you will usually be admitted for half a day)
<b>Estimated time off work</b>	Non-manual work approximately 4-6 weeks Manual work approximately 6-8 weeks
<b>INDICATIONS FOR THE PROCEDURE</b>	Painful hammer or claw (separate advice sheet on this) toe deformity Painful corn and callous Difficulty with shoe fit despite wearing sensible footwear
<b>ALTERNATIVE TREATMENTS</b>	Manage your symptoms by changing / activity levels, using painkillers, altering / footwear style. The use of toe protectors, regular podiatry care.
<b>GENERAL RISKS OF SURGERY</b>	The general risks of foot surgery are outlined in the Pre-operative Information Booklet which is provided in addition to this leaflet
<b>MORE INFO BY:</b>	1 Speaking with your consultant or one of his team 2 Reading the information provided

# IP Joint arthroplasty

The operation can be performed comfortably under a Local Anaesthetic block, which is achieved by either a series of injections around the Ankle, or an injection behind your Knee. You will be fully awake during the operation and will be able to feel touch, pressure and vibration, but you will not feel any pain. If you do not wish to consider having the operation performed whilst still awake, or your Consultant does not feel this is the best option for you, you will be offered Local Anaesthetic with sedation or General Anaesthesia.

The operation takes about 15-30 minutes although you will be in the Day Surgery unit for some time before the surgery and afterwards, to allow you an opportunity to rest post operatively. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

## First 2-4 days

- This is the time you are likely to have most pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

## One week after surgery

- You may need to attend for your foot to be checked and re-dressed.
- You may start to do a little more within pain limits. Pain & swelling means you are doing too much.

## Two weeks after surgery

- Sutures will be removed if necessary.
- You will not need a bandage or crutches any longer and can get the foot wet.
- You will be asked to start wearing trainer type shoes.

## Between 2-6 weeks after surgery

- Any pin will be removed during this period.
- The foot starts to return to normal and you can return to shoes (4 -6 weeks 94%).
- The foot will still be quite swollen especially at the end of the day.
- You may require a review appoint at 4-6 weeks
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.

## Between 6 -8 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered after 3 months depending on your recovery.

## Six months after surgery

- You will have a final review between 3- 6 months following surgery.
- The swelling should now be slight and you should be getting the full benefit of surgery.

## Twelve months after surgery

- The foot has stopped improving with all healing complete.

Please note, if a complication arises, recovery may be delayed.

Data information taken from:  
PASCOM National Audit tool for Podiatric  
Surgeons. College of Podiatrists