

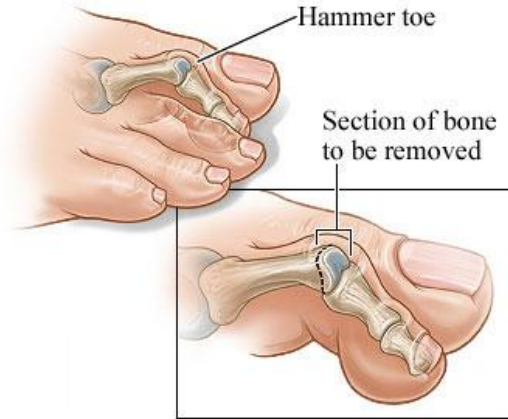
Hammertoe Surgery

What does hammertoe surgery do?

- Hammertoe surgery realigns the contracted joint of a lesser toe. This facilitates more comfortable shoe wear and walking patterns.

How is hammertoe surgery done?

- Hammertoe surgery is day surgery done either in a hospital or surgical center.
- Usually light sedation with local anesthesia (numbing of the foot) is used. In some cases general anesthesia can be used.
- An incision is made over the top of the affected toe. The contracted joint is removed. The toe is then fixated in place with an absorbable pin or an external pin depending on the severity of the deformity. In addition other procedures may be done to assure the toe stay aligned long term.
- Afterwards you're placed in a dressing and a walking shoe or boot and sent home with pain medication.
- Depending on the procedure you need determines your post op course.



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What should I expect?

- Week 1 you will be expected to ice and keep the foot elevated. Minimal activity is allowed this first week.
- Week 2 sutures will be removed if necessary. You will also be fitted with a splint or go to physical therapy for range of motion exercises. This is very important as you do not want to develop a "stiff toe" joint.
- Week 4 if your x-rays show good healing you will be allowed to wear a sneaker.
- Week 5-7 you will be allowed to get back to low impact exercises (ie. swimming, bike, light walking) as tolerated.
- Week 8 you can progress to more impact exercise and shoe gear as tolerated.