

Arthrodesis/Fusion of 1st Metatarso-phalangeal Joint

Surgery

- Outpatient surgery
- Surgery takes approximately 1 hour
- Soft dressing with post-op shoe placed immediately after surgery
- Will be non-weight bearing in post-op shoe for 4 weeks
- Local Block lasts about 8 hours
- First 2 days expect a lot of pain and swelling

Post-op protocol

- Appointments
 - 7-10 days post-op: remove dressings; x-rays
 - 4 weeks post-op: possible stitches out; x-rays; continue in post-op shoe; possible weight bearing
 - 8 weeks post-op: x-rays
 - if arthrodesis is fully healed - progress to loose fitting shoe with open toe box
 - If not fully healed - continue in post-op shoe
 - 12 weeks post-op: x-rays; if doing well, patient is released to activities as tolerated
 - If x-ray shows arthrodesis has healed then progress to loose fitting shoe with open toe box and follow-up in 4 weeks for expected release to activities as tolerated.
- Medications
 - Tylenol with codeine for pain as needed
 - Phenergan for nausea, as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - 6-9 months for full recovery and swelling to subside
 - Intermittent pain, swelling for 9-12 months
 - Return to most activities by 4-6 months
 - Return to work light duty after 7-14 days; heavy duty after 2-3 months

Complications

- Pain
- Swelling
- Stiffness

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