

Hammertoe Surgery

Surgery

- Outpatient surgery
- Surgery takes about 30 min per toe
- You will have a pin in the toe that has been corrected, it will stick out the end of the toe
- Local block lasts about 6-8 hours
- First 2 days expect a lot of pain

Post-op protocol

- Postoperative shoe for 8 weeks
 - Weight bearing as tolerated as long as shortening of metatarsal bone not necessary
 - If shortening of metatarsal bone necessary:
 - First 4 weeks non-weight bearing
 - Next 4 weeks weight bearing as tolerated
 - Shoe to be worn 24/7 for 8 weeks, remove for no reason
- Appointments
 - 7-10 days post-op: remove dressing; x-rays
 - 4 weeks post-op: x-rays; stitches out, pins out
 - 8 weeks post-op: x-rays; go into open-toed shoe or sandal
 - 12 weeks post-op: x-rays; released to regular shoes (no high heels)
- Medications
 - Tylenol with codeine for pain as needed
 - Phenergan for nausea as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - Expect 6-9 months for full recovery and swelling to subside

Complications

- Pain
- Stiffness (you will have a stiff straight toe)
- Over or under correction
- Recurrence of deformity (toes don't always do as they're told)
- Need for hardware removal

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