

PATIENT INFORMATION SHEET

<b>22</b>	<b>TOPIC</b>	<b>Lesser Metatarsal Pain</b>	
<b>PROCEDURE</b>		<b>Dorsal Closing Wedge Lesser Metatarsal Osteotomy</b>	
<b>AIMS OF SURGERY</b>		The problem deformity is corrected by realignment of the bone Internal fixation is used to fix the bone in the corrected position	
<b>ADVANTAGES OF THIS OPERATION</b>		The shortening/reduction of prominence is predictable and allows adjustment The underlying cause of the pain and deformity is reduced	
<b>SPECIFIC RISKS OF THIS OPERATION</b>		Feeling of stiffness Toe does not touch ground (floating toe) Transfer metatarsalgia	Non-union of bone (bone does not knit together) Fixation problems (with the screws/pins) Shortening of the toe
<b>OVERVIEW</b>			
<b>Operation time</b>		Usually between 30 - 45 minutes	
<b>Incision placement</b>		On the top of the foot over the bone to be corrected	
<b>Stitches</b>		We try to use dissolvable stitches (where possible)	
<b>Fixation</b>		Internal fixation (bone screws or pins) are usually used You will not normally notice these and they do not usually need to be removed	
<b>Will I have plaster?</b>		This is not normally necessary.	
<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 6-8 weeks	
<b>INDICATIONS FOR THE PROCEDURE</b>		Pain / callus / corn formation beneath the ball of the foot Severe toe deformity to allow relocation of toe Difficulty with shoe fit despite wearing sensible footwear Preservable joint	
<b>ALTERNATIVE TREATMENTS</b>		Manage your symptoms by altering activity levels, using painkillers, changing footwear/ extra-width or special footwear possibly with an in-shoe foot support. Regular podiatry care to reduce painful lesions. Steroid injections for painful joints	
<b>GENERAL RISKS OF SURGERY</b>		The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided <b>YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)</b>	
<b>MORE INFO BY:</b>		<ol style="list-style-type: none"> <li>1. Speaking with your consultant or one of the clinical team</li> <li>2. Reading the information provided</li> <li>3. Looking at our Department's NHS Choices information or the Faculty of Surgery website</li> <li>4. See our Podiatric Surgery public facing website pages on <a href="http://www.herefordshire.nhs.uk/">http://www.herefordshire.nhs.uk/</a></li> </ol>	

# Lesser Metatarsal Surgery

## Answers to Common Questions

### The Operation

The operation is usually performed under a local anaesthetic, usually around the base of the toe and around the ankle. Most patients find this to be more comfortable than a dental injection.

The operation will take 30 to 45 minutes, although you will be in the Day Surgery Unit for longer. 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 worst time for 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 through your other leg and 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.

### 3 – 5 days after surgery

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

### Two weeks after surgery

- You must attend again. Sutures will be removed or trimmed, unless there are any on the sole of the foot (these are taken out after 3 weeks).
- You will not need a bandage, probably will no longer need the crutches and can get the foot wet providing the wound has healed satisfactorily.

### Between 2-8 weeks after surgery

- The foot starts to return to normal and you can return to shoes (4-8 weeks).
- The foot will still be quite swollen especially at the end of the day.
- You will need to strap your toes daily to reduce pain and swelling. This should continue for 3 months.
- 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.
- Whilst normal activity will be resumed, sport should be avoided.

### Between 8-12 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.