

For further information please visit:
www.southwestfootsurgery.co.uk/patient-information

Post Operative Care

Following Surgery to the First Great Toe Joint

Information for patients



MATTHEW CICHERO
SOUTH WEST FOOT SURGERY



Daily Exercises

1

Exercise number one involves simply moving the great toe joint up and down by placing your thumb and index finger across the toe as shown and stabilising the foot with the other hand. It is important to remember not to move the small joint in the great toe but rather the bigger joint which has been operated on.



2

Exercise number two involves putting a moderate amount of weight onto the foot which has been operated on while bending the great toe joint (as if motioning to get up off the chair to stand). The heel is then rested back on the ground and the exercise repeated.



3

Exercise number three involves mimicking the action of picking up a towel with your toes. This exercise helps to improve muscle strength and speed your recovery.



Stiffness of the joints can be expected up to 3 months. You should notice improvements in flexibility and reduced discomfort after each month.

If pain or stiffness gets worse, please contact Mr. Cichero's private secretary on telephone number **01793 272318**.

PLEASE NOTE:

These exercises will help improve the flexibility of your toe joint. It is advised that you perform the exercises for 10 repetitions, per exercise twice a day for a minimum of 6 weeks or until otherwise directed by your surgeon.

Postoperative Rehabilitation following Foot Surgery

You can remove your post-operative shoe and return to sensible fitting footwear such as trainers or casual walking shoes. While most people are able to return to normal footwear at this time, some patients may take a little longer to adjust. If you have had a secondary operation, such as the correction of a hammer toe, you may need to wear your protective shoe for a little longer.

Walking is recommended on a daily basis to help accelerate your recovery. This regular exercise will help to increase blood flow through your feet and hasten the healing process. While most people are able to return to normal walking at this time, some patients may take a little longer to adjust their gait following their surgery. There is no limit to how long you are on your feet although you may need to rest with your feet elevated if swelling occurs.

Helpful Hints

It must be remembered that swelling may be ongoing for anywhere up to 6-12 months following your surgery and that massage therapy on a daily basis will help reduce this. Usually, a cream such as vitamin E is useful to aid in self massage

therapy. 'Bio-Oil' is another good alternative. Additionally, a 'Tubigrip' compression garment can be purchased from the pharmacy to help with swelling.

Washing/showering your feet at this stage is acceptable, remembering not to soak your feet for too long as your surgical wounds are still fragile. Avoid powder on the skin as this will only 'clog' the surgical wound. Massaging the surgical wound on a daily basis using vitamin E cream will help to reduce scar formation which is sometimes a source of frustration for patients.

If you have worn orthoses/arch supports in the past then you should return to using these devices if instructed to do so by your surgeon. You may need a reassessment of your orthotic devices as the surgery performed may necessitate the need for adjustments to your devices.

Exercises to help improve the flexibility of your joints are important in your recovery. Please refer to the instructions over the page.



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



Mr. Matthew Cichero FCPodS FACPS MPoBAppSci(Pod)
Consultant Podiatric Surgeon

Private Secretary Contact

Tel: 01793 272318 **Fax:** 01793 272315 **Email:** secretary@southwestfootsurgery.co.uk

Web: www.southwestfootsurgery.co.uk  [southwestfootsurgery](https://www.instagram.com/southwestfootsurgery)  [southwestfootsurgery](https://www.facebook.com/southwestfootsurgery)