

Dr Mark Horsley
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HALLUX METATARSOPHALANGEAL JOINT ARTHRODESIS
Post operative instructions

General Instructions

- Swelling and bruising is normal. Elevate ankle above the level of your heart to reduce swelling.
- Application of ice may help swelling.
- Pain tablets will be provided following surgery. The pain will generally improve after several days.
- The foot will have local anaesthetic infiltrated to minimise pain. Expect numbness in foot for 12-24 hours.

Dressing

- Keep dressings clean and dry for the first 10 days, until dressing is removed.
- You may shower with the waterproof dressing over the foot.
- Blood drainage through bandage is expected. This will usually stop after 24 hours.

Mobilisation

- After surgery you are restricted to non-weight bearing for 6 weeks.
- Whilst in hospital, the physiotherapists will show you how to use crutches.
- Crutches will be provided for you.
- The foot can be gently placed on the ground for balance.
- Avoid strenuous activity, but it is important to maintain motion of the hip, knee and ankle.

Follow up

- The first review will be 10-14 days post op. At this visit the dressing will be changed. You will remain in the post-op shoe for a total of 6 weeks.
- A further check-up occurs 6 weeks following surgery. X-rays are taken to confirm healing of the bone. At this review, you may commence wearing loose- fitting shoe. Unrestricted activity is allowed at this time.
- A final check up is made 3 months following surgery.

Call Dr Horsley's office if:

- Persistent bleeding
- Signs of infection (fever, redness, drainage from wound)
- Signs of a blood clot (calf pain or chest pain)
- In any other concerns

After hours, call the hospital directly. If urgent, please attend your local emergency department.