

HALLUX RIGIDUS

SURGERY INFORMATION



DR CHRISTY GRAFF

Foot and Ankle
Adult and Paediatric Orthopaedic Surgeon

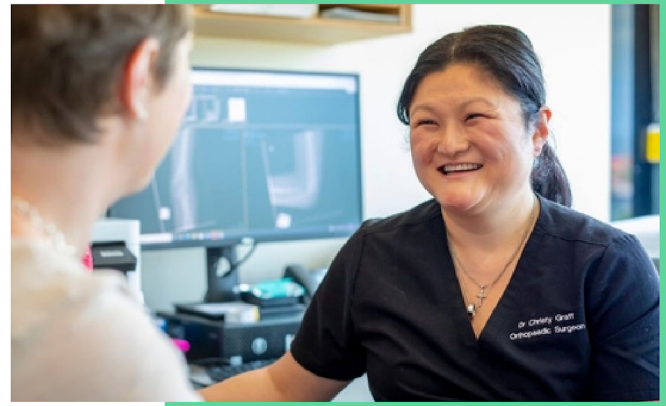
0493 461 133

(08) 9118 3112

HealthLink:drcgraff

admin@christygraff.com

www.drchristygraff.com



Xray- Top profile of hallux rigidus & post op

THE SURGERY

- The surgery involves an incision on the inside of the big toe and foot.
- Any remaining cartilage is removed from the joint so that bone can grow into the bone and become like one bone.
- The joint is put together in the correct position and held with a plate and screws
- Sometimes the lesser toes (toes 2-5) may need a procedure as well.



Xray- Side profile of hallux rigidus & post op

THE HOSPITAL STAY

- You wake up with bulky bandages and a post op Darco shoe.
- Your foot will be elevated overnight, and you have antibiotics through a drip (you may go home the same day if your surgery is in the morning).
- Depending on your medical conditions, you will either need aspirin or clexane injections to thin your blood for 6 weeks to prevent clots.
- You can walk on your foot in the Darco shoe the next day, but just for necessary things like going to the toilet. Otherwise, your foot will become swollen.

AT HOME

- You will need medications for pain relief; please take 2 panadol with meals and at night. The first night after surgery is often when the worst pain is experienced. Please take a stronger pain killer before you go to bed on the first night after surgery.
- You will need either aspirin or clexane for 6 weeks to prevent blood clots

HALLUX RIGIDUS



- Please leave all dressings intact until your appointment with Dr Graff.
- Dr Graff will see you at your post op appointment in 2-3 weeks where the wounds will be looked at and sutures removed/trimmed (absorbable sutures are often used).
- After this you will be able to shower normally and pat the dressings dry.

REHABILITATION

*All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others. The rehab may also be slower if both feet have surgery at the same time.

0-2 Weeks	<ul style="list-style-type: none"> • You can weight bear in your darco shoe, but only for essential activities such as getting food or going to the toilet • Keep the dressings on at all times like a plaster. • You can remove the darco shoe for sleeping and resting • Pain relief: Please take regular Panadol with meals and before bed • Please take aspirin 150mg daily with a meal for 6 weeks (or clexane)
2-3 Weeks	<ul style="list-style-type: none"> • At your post op appointment with Dr Graff: dressings are changed and an xray is taken • You can then shower (you may need a shower chair) and start range of motion exercises of your ankle with physio (not of your toe)

6 Weeks	<ul style="list-style-type: none"> • You will have an appointment with Dr Graff and an xray • You can start to wear normal shoes if your swelling is OK
12 Weeks	<ul style="list-style-type: none"> • You will have another appointment with Dr Graff and an xray • You may be feeling more 'yourself', but you can continue to have swelling (especially at night) for several more months • The final results of surgery are only felt 4-6 months post operatively

RETURN TO WORK/SCHOOL

- 3-4 weeks if your job requires seated work and you are able to drive (if you drive to work)
- 10-12 weeks if your job requires prolonged standing
- 3-6 months if your job requires heavy labour

WHEN CAN I DRIVE?

- 2-3 weeks if the surgery is on your left foot (after your appointment with Dr Graff)
- 6 weeks if surgery is on your right foot (when you are no longer in the boot)

WHEN CAN I RETURN TO SPORT?

- 3-4 months but this is a transition; start with walks, then running, then training. You can be guided by your physio as to when your strength and range of motion is back to normal to return to competitive sport.

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WHAT CAN GO WRONG?

- Anaesthetic problems
- Nerve injury
- Blood clots
- Infection
- Stiffness
- Recurrence
- Ongoing pain
- Not healing
- The fusion healing in the wrong position
- Further surgery

Please see 'Hallux Rigidus' Information sheet via Dr Graff's website.

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraff.com or please call the rooms on **0493 461 133**