

## OS20lite Surgery for Problems of the Small Toes

### Further information

You can get more information about this procedure from [www.aboutmyhealth.org](http://www.aboutmyhealth.org)

You can get information locally from the Senior Nurse at the Horder Centre,  
St John's Road, Crowborough,  
East Sussex, TN6 1XP.  
Tel: 01892 665577  
[info@hordercentre.co.uk](mailto:info@hordercentre.co.uk)

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[www.rcsed.ac.uk](http://www.rcsed.ac.uk)



This document will give you information about surgery for problems of the small toes. If you have any questions, you should ask your GP or other relevant health professional.

### What problems can happen to the small toes?

The three main problems that can happen are deformity, pain in the toe joints and metatarsalgia.

Toe deformities happen when the tendons that move the toes get too tight or out of balance. The affected toe can rub on other toes and on the inside of your shoe, causing pressure and pain (see figure 1).

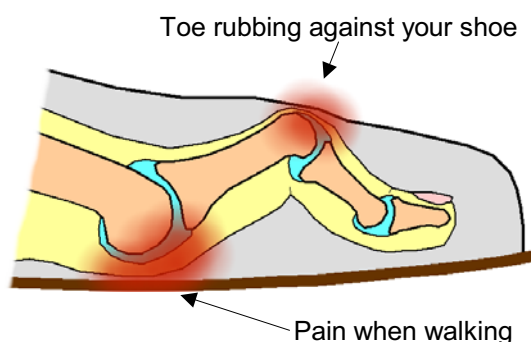


Figure 1

Problems caused by a hammer toe

Inflammatory arthritis such as rheumatoid arthritis can damage the toe joints and this may make them come out of position.

### What are the benefits of surgery?

Your toes should be straighter, so your foot should fit more comfortably in a shoe.

### Are there any alternatives to surgery?

Putting padding between your toes can help to stop pain caused by the toes rubbing. Custom-made insoles for your shoes will help to take the pressure off any painful areas. Special shoes that are wider and deeper than normal can stop your toes rubbing.

### What does the operation involve?

A variety of anaesthetic techniques are possible. The surgery may involve releasing or lengthening tendons, putting joints back into place, straightening a toe and changing the shape of a bone.

## What complications can happen?

### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Unsightly scarring
- Blood clots
- Difficulty passing urine

### 2 Specific complications

- Damage to nerves
- Damage to blood vessels
- Problems with bone healing
- Loss of movement in the toes
- Severe pain, stiffness and loss of use of the foot (Complex Regional Pain Syndrome)
- Pain in the ball of the foot
- The deformity coming back

### How soon will I recover?

You should be able to go home the same day or the day after.

For the first week, you will need to spend most of the time with your leg raised so that the swelling settles.

It can take six weeks or longer before the swelling has gone down enough for you to wear a normal soft shoe.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

### Summary

If you have problems with your small toes that are causing pressure and pain, surgery should straighten your toes and help make your foot fit more comfortably into a normal shoe.

### Acknowledgements

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**This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.**