

1st MTP Joint Cheilectomy (Minimally Invasive)

INTRODUCTION

The joint at the base of the big toe (1st metatarsophalangeal joint) is commonly affected by arthritis (*hallux rigidus* or *limitus*). In the early stages, bone spurs form on the top of the joint which can cause pain and stiffness. The word *cheilectomy* comes from the Greek word *Cheilos*, meaning 'lip', and this procedure involves removing the abnormal bone from the joint. This operation is effective at relieving pain and impingement from bone spurs in early arthritis, and can delay the need for more invasive operations like joint fusion.

THE SURGERY

1st MTPJ cheilectomy involves a number of steps:

- General anaesthetic and IV antibiotics
- Tourniquet around the thigh
- Small keyhole incisions around the big toe joint (+/- mini-open incision if required for access)
- Insertion of arthroscope (camera) and keyhole surgery instruments
- Removal of abnormal bone spurs and clean-up of the joint
- Check x-ray
- Closure of incision with sutures
- Local anaesthetic block
- Surgical shoe

GUIDELINES FOR POST-OP RECOVERY

HOSPITAL ADMISSION

- In hospital for 1 night, non-weightbearing on day of surgery

FIRST 2 WEEKS

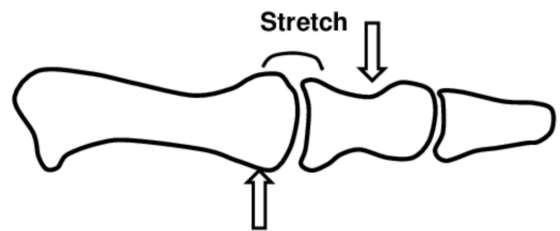
- Elevate foot and rest
- Full weightbearing as tolerated in surgical shoe
- Surgical shoe on at all times (including in bed and shower)
- Crutches for balance only as required
- Dressings to stay dry and intact
- Strong painkillers as required
- Vitamin C 1g per day

2 WEEK POST-OP APPOINTMENT

- Review by nurse for removal of dressings/sutures

FROM 2 WEEKS

- Transition to normal stiff-soled supportive shoes
- Shoes on for any weightbearing (avoid bare feet)
- Elevate foot when not walking
- Daily scar massage from 3 weeks post-op
- *Exercise 1:* Using both your hands put some pressure where the arrows indicate. It is easiest to do this with your foot crossed over the other knee. Each exercise: Push & hold for 10 seconds. Do sets of 10, 2 x per day



- *Exercise 2:* Scrunch toes on an "imaginary" towel & hold for 10 seconds. Do a set of 10, 2 x per day
- Podiatry review (arrange first appointment for 2-5 days after the 2-week post-op check)

REHAB - PODIATRY/PHYSIOTHERAPY:

- Joint mobilisation, soft tissue manipulation, nerve desensitisation
- Foot intrinsic muscle exercises

FROM 6 WEEKS

- Continue range of movement and podiatry exercises
- Avoid impact exercises until 10-12 weeks post-op

Full recovery from the surgery is generally 3-6 months. Arthritis is a degenerative process and gets worse with time, and you may require further surgery in the future.

Every patient's recovery is individual and depends on the severity of the disease and complexity of the surgery.

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