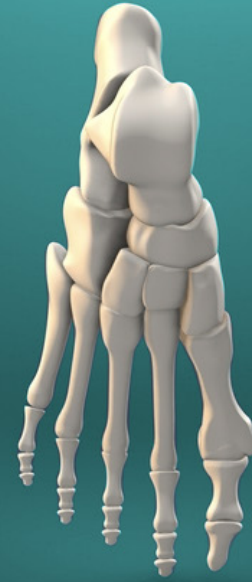


1st MTP Joint Arthroscopic Fusion



What is a first MTP joint fusion?

Arthritis of the first metatarsophalangeal or MTP joint (the big joint of the big toe) can cause pain and swelling. This can lead to difficulty with footwear and mild activity such as walking. Arthritis develops when the cartilage in the joint wears away and the two bones that make up the big toe joint rub against one another. The goal of this procedure is to join (fuse) bones together permanently to reduce pain.

What signs indicate surgery may be needed?

The need for surgery depends on the severity of the arthritis. Surgery is recommended for those with pain in the big toe joint and stiffness in the toe. Some patients are unable to wear certain shoes (dress shoes, high heels, and boots) or participate in activities due to pain.

Dr Slater can determine the severity of the condition. Before deciding on surgery, conservative treatment should be attempted. This includes changes in activity, footwear, or regenerative therapy. Patients can also try wearing a shoe with a rounded bottom or using carbon shoe inserts that limit joint motion.

Specific Technique

The surgery is performed as a day case

A keyhole incision is made on top of the big toe. Remaining cartilage is cleared away to allow the two bones to heal together.



Metatarso-phalangeal Joint

Once prepared, the two bones are positioned, two screws are placed across the joint. This is done using the minimally invasive technique which will often not require sutures and only steri-strips. The foot is dressed, and you will be supplied with a Type 1 shoe in recovery.

What happens after surgery?

Post-surgery you can weight bear immediately, as tolerated using a Type 1 shoe. This will minimize the weight exerted on the forefoot and redirect it to the heel.

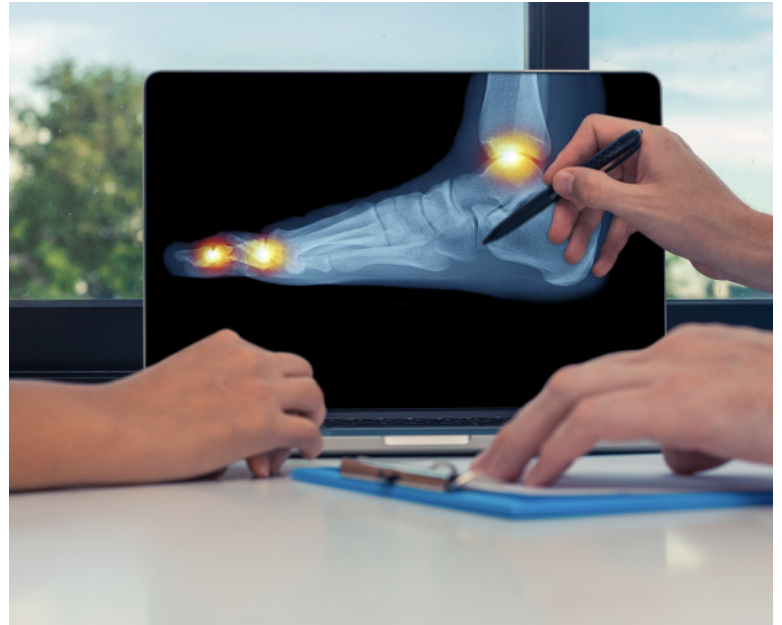
You can expect some pain and swelling following surgery. The foot may need to be kept elevated and you may need to take oral pain medication for several days following your operation.

You will be examined at two weeks, six weeks, and three months post operatively.

You should keep your dressing intact, try to limit your activity and keep your foot elevated as much as possible until your first visit at two weeks.

X-rays will be required at the six-week, three-month appointment (you will be given an X-ray referral at your two week post operative appointment) The X-ray will be examined to evaluate the bone healing and the position of the big toe.

Weight bearing status will be determined by your surgeon at each appointment following examination and review of the X-ray.



Potential Complications

There are complications related to all surgical procedures. These include the risks associated with anesthesia, infection, damage to nerves and blood vessels, and bleeding or blood clots.

Common complications specific to MTP fusion include poor or delayed bone healing, infection, and stiffness in neighboring joints. The screws used during surgery can sometimes cause irritation which can be removed after the bone has healed (approximately 6 weeks). Finally, scarring within the joint can limit neighboring tendons.

You should discuss any concerns with your surgeon.

Frequently Asked Questions

If I have a first MTP fusion, will I have a limp when I walk?

Most people with a first MTP fusion do not have a limp after it has fully healed.

How long until I can wear normal shoes?

Most people can transition into a soft, wide shoe at 4-6 weeks.



Contact us

T : 02 9020 7388

E : admin@drgordonslater.com.au

W : www.orthopaedic-surgeon.com.au