



What is a Weil Osteotomy?

A Weil's osteotomy (bone cut) involves a skin incision of approximately 4cm on the top of the foot either over the 'knuckle' of the toe or in the adjacent web space (if more than one osteotomy to be performed).

What is Metatarsalgia?

Metatarsalgia is a type of pain that occurs in the ball of the foot, also called the metatarsal region. The pain can range from mild to severe and often gets worse when you stand or move.

It is sometimes described as a burning or aching sensation and you may have shooting pains, tingling or numbness in your toes. Some people also experience a sensation that feels like walking on pebbles. The pain often occurs in the area where the second, third and fourth toes meet the ball of the foot.

Why is it Performed?

The Weil osteotomy is an operation for pain in the front part of the foot, under the ball of the foot. We call this type of pain "**metatarsalgia**". It may also be performed as part of an operation to straighten one or more of your toes.

What are the Benefits of Surgery?

- Reduce pain and deformity
- Improve pressure distribution in the ball of the foot and reduce callous/corn formation and improve comfort.
- Improve toe alignment

How Long Does the Operation Take?

The operation usually takes between 30-45 minutes.

Dr Slater utilises the latest techniques to manage conditions of the foot and ankle. Our aim is to explore non operative techniques in the first instance or when necessary, provide joint preserving minimally invasive surgical options. Even minimally invasive techniques can carry some risks; however, this technique does allow more possibilities in the management of disease. Before deciding on surgery, it is important you feel comfortable with your decision therefore we like to allow ample opportunity for you to ask any relevant questions. It may be useful to write down any questions you would like to ask Dr Slater and bring them along to your appointment. Alternatively, please feel free to contact our friendly staff.

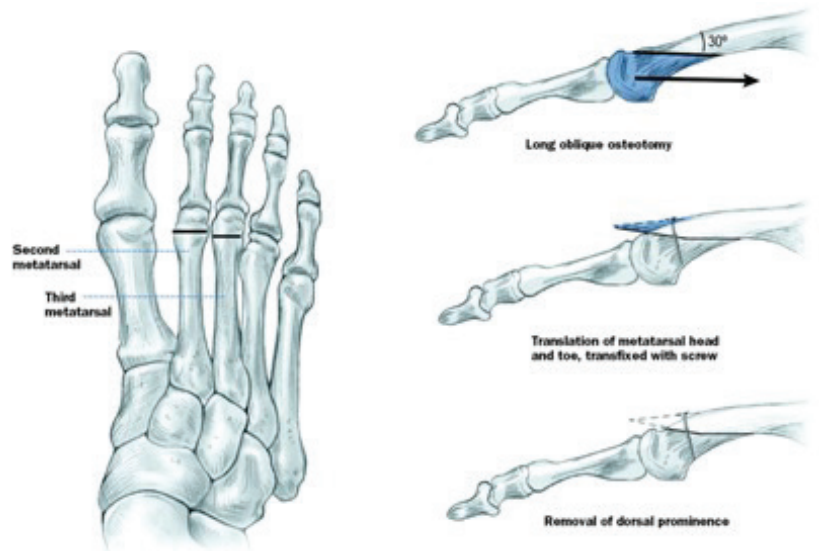
Dr Slater's aim is to provide you with the latest techniques to ensure optimal results.



Weil Osteotomy Rehabilitation Protocol

General Recovery Facts

- You will be able to walk on the heel of your foot on the day of surgery
- You must always wear your Type 1 shoe
- You may not drive after the surgery for six weeks, unless you have an automatic car and only the left foot has undergone surgery
- The heel wedge shoe is worn for 4-6 weeks



Post-operative Course

Day 1-7

- Foot wrapped in bulky bandage and surgical shoe (heel wedge shoe)
- Start walking on the heel in surgical shoe only
- Elevate, take pain medication
- Expect numbness in foot 12-24 hours
- Blood drainage through bandage expected - Do not change bandage this will be changed at your 2-week examination
- Do not remove surgical shoe - even at night

Day 7-10

- Do not remove surgical shoe except in bed
- Moderate pain - continue pain medication
- Elevate as much as possible
- Keep bandaging dry and do not remove (do not change dressing unless instructed)
- May drive with caution in surgical shoe ONLY IF surgery to left foot only and automatic vehicle (otherwise return to driving at 6-8 weeks post-surgery)

Days 10 - 14

- Follow-up with Dr. Slater for wound review
- Usually encouraged to begin moving the toe(s) after 2 weeks post-surgery
- Often provided with toe alignment splint to wear at this stage (worn for 3 months)
- Dressing changed - Shower when incision dry

6 Weeks

- Follow-up in rooms with a new X-ray
- Remove surgical shoe if satisfactory X-ray
- A regular shoe may be worn as comfort allows
- Do not roll off the forefoot for one more month
- No high heel is worn for two more months