

## Birmingham Foot Clinic Advice Guide Toe Amputation

### About Your Operation

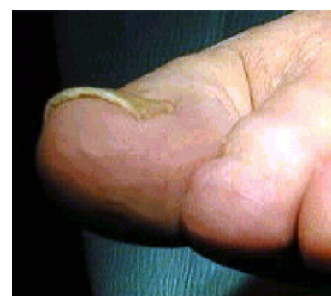
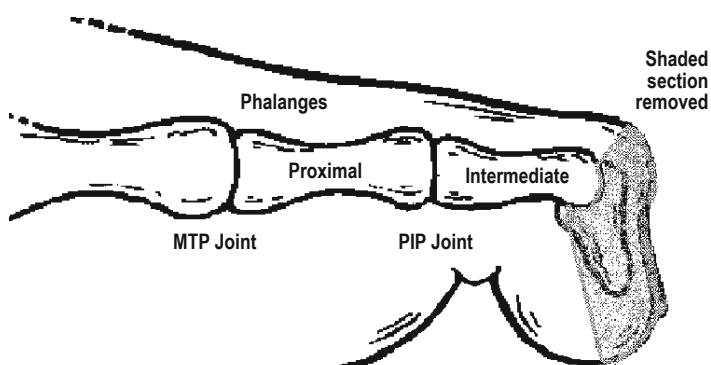
Partial or total amputation may be indicated where the toe is unsalvageable or where just correcting the position of the toe would be a problem because there is no room to put it in a straight position.

Toe amputations have in the past often been viewed as a procedure to be avoided at all costs and a sign of failure. The severity of deformity and many factors are taken into account when choosing the amputation site. Factors such as pressure on the healing stump from adjoining toes, footwear and from the ground when walking, all have to be considered.

In some circumstances, a single or multiple, partial or total toe amputation might be the best solution, greatly improving the use and comfort in a foot with the advantage of a very short healing and recovery time.

### Distal Tip Amputation

Very successful for distal problems of the toe and nail.



Tip of 2nd Toe amputated 3 months ago

### Intermediate Amputation

Removal of the toe will be at the PIP joint or through the intermediate phalanx.

## Proximal Amputation

Removal of the toe will be at the MTP joint. The skin incision is a teardrop shape with the top edge over the joint between the toes. The joint capsule and the overlying skin is closed to cover the head of the metatarsal. The result is very cosmetically acceptable.



## Problems / Risks Associated with Amputation Surgery

- Thickened scar and/ or tender scar - may reduce over 12 months
- Infection (sudden increase in pain and swelling at 2 to 3 days after surgery - or later)

## On the day of surgery

On the day of surgery you may eat and drink as normal unless you are being sedated or having a general anaesthetic (follow anaesthetic advice sheet). It is essential that you are accompanied and have made arrangements for transport home, this should not be public transport. Following the surgery, for a typical period of 2 to 3 weeks, you will not be able to drive, as your insurance will be invalid.

Arthroplasties are usually carried out under a local anaesthetic. With a local anaesthetic you will not be asleep, however you will feel no pain during the operation due to the pain blocking properties of the local anaesthetic given.

Discomfort will only be experienced when the local anaesthetic injections are given, which feel the same as most other injections you may have received in the past. A good comparison is a dental anaesthetic for a filling.

The operation lasts about 20 – 30 minutes in total. You can bring a book or a music cassette or CD if you wish, to help you relax and feel comfortable during the procedure.

## Problems

Following the advice given to you will greatly reduce the risk of a problem. If you are however concerned about anything before or after your surgery you can speak to a member of the team directly on Tel:07970 740 522. If your call is an emergency and you are unable to get through, you may also contact your GP who will be aware of the surgery you will have had.

## Self care

For the first 3 days you will need to take pain relieving tablets (analgesics) as prescribed or advised. It also helps during the first 8 hours to place a bag of frozen peas, rapped in a towel across you ankle for 10 minutes per hour. Walking in the first 48 hours should be limited to essentials only e.g. going to bed or the toilet, and for the first week should be limited to indoors only. Stitches are usually removed at 2 to 3 weeks after the operation. From this point you can wear normal footwear, however it is strongly advised that you wear a training shoe or similar for 2 months after the operation to help in the healing process.

You may experience unusually sensations in the area where the amputated section of the toe was previously. It is a good idea to massage the scar of the amputation with a light hand or face cream as this helps reduce scar sensitivity in the long term.

Mr John Malik FCPodS BSc Hons Cert Ed  
Consultant Podiatric Surgeon